BBC
goodfood
Middle East
November 2021
DHS15
www.bbcgoodfoodme.com

Al fresco dining

Buffalo chicken burgers & ranch slaw

Autumn in AMSTERDAM

KEEP IT SEASONAL

- Cheese, cumin & onion seed cornbread muffins
- One-pot spiced roast chicken
- Chai caramel chocolate brownies

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For reservations

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W
ABU DHABI
YAS ISLAND

Welcome!

Celebrate cooler days and sunshine with an al fresco feast. It's time to fire up the grill, and set the the table, for a pleasant meal outdoors. I'll be making a beeline for parks with barbecue zones, armed with ingredients for our delectable Fall-off-the-bone sticky ribs and Buffalo chicken burgers with slaw – turn to page 40 for more recipe ideas.

As the new season creeps up on us, I'm adding ingredients to my spice cupboard for winter-warming recipes. Turn up the heat with Merguez sausage baps with harissa ketchup, One-pot spiced roast chicken and plenty more (from p51). In this issue, you will also find two innovative apple pies (p32); family barbecue specials (p66); healthy ways with prawns (p74); a one-pan chilli (p30) that's ideal for cosy evenings, and wholsome ideas with celeriac (p76).

Ready to travel again? If you're considering Europe - the Netherlands to be specific - for a much-needed holiday, turn to page 82 and discover everything you need to know about the burgeoning food scene in Amsterdam.

Happy reading!

Nicola Monteath
Editor

WHAT WE'RE LOVING!

"I love a whole grilled fish! This Barbecued bream with spring onions, lemon and chilli is light and healthy for a weekend lunch. I'll be eating it with Grilled vegetables with cannellini beans and vegan pesto," says Sales manager, Liz.

Digital editor, Serena says: "My favourite dessert, trifle, is getting a peach panna cotta makeover this season."

"I've been waiting for a drop in temperature to make a good piece of steak with mashed potato. Now that I have nifty tips and a recipe, I can't wait to try this Steak Diane," says graphic designer, Froilan.

BBC goodfood Middle East

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Escape to this luxe camping ground and enjoy the sun, sand and sea.

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V Suitable for vegetarians.

❄ You can freeze it.

⊘ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**
Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

STAR LETTER

As a busy family of parents working as independent business owners - late nights and early mornings - and a teenager that just started the IB Diploma program and plays football four times a week, we are in need of something quick, easy and tasty during the weekdays. My favourites (and the ones I usually check every issue) is News Nibbles, to see if there is a new product, hopefully something organic that can be bought without any plastic. I also check *Reduce waste* for tips, followed by easy-to-make recipes. I make a weekly meal plan and shopping list for inspiration, so we don't end up with pasta, lasagna and salmon every week. This week, we loved the Autumn slow roast, which we had during our Saturday Roast dinner with friends.

Christine Engen

Happy Birthday to you and me! Let's celebrate the rainbow colours of our life with cakes! Yes, and why not? We both love good food! As the summer turns to autumn, so does the mood and the food. I loved the amazing fig and plum recipes. There were loads of things happening in October, so the rush hour meals were surely handy. Loved *The Suite Life* article on St Regis too! It was elaborate and the walk through covering accommodation and culinary extravaganza, with breathtaking views of the property, undoubtedly tempted me into planning a birthday staycation there. I am looking no further after I saw the spooky Halloween brownie recipe. It's going to be great fun baking with the kids. And hey, is it too early to start a countdown to Christmas?

Sughandi Shenoy

Everything about the October issue was appealing, from the restaurants to the recipes, all the way to the cover page. I mean, have you looked at that cover picture? It is just so catchy and colourful that it immediately transmits the feelings of joy and happiness to your heart. That cake from *Weekend Bake* was definitely my favourite from this issue. Wait for my remake - I will tag *BBC Good Food Middle East* on social media!

Moutasem Alnounou

WIN! A COFFEE PLANET MOCCAMASTER AND AN ORGANIC COFFEE BUNDLE, WORTH AED1,000

Elevate your at-home coffee experience with the Moccamaster, Coffee Planet's state-of-the-art fully automatic, espresso and drip filter machine. The Moccamaster always brews the perfect cup of filter coffee, due to an optimal brewing temperature and brewing time. All that's required for the ultimate cup with the Moccamaster, is to use fresh water, ground coffee and a Moccamaster white filter, which adds to the flavour. Turn on the brewer and wait a few minutes to let it do its magic. The handmade Moccamaster has been crafted with high-quality parts and recyclable materials. It is also energy efficient and has a long lifespan. Experience the Moccamaster with Coffee Planet's Organic Coffee Bundle and wake up happy.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com

TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804
PO Box 13700, Dubai, UAE.

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East

slurrp farm
Cereal
slurrp farm
Mighty Munch
slurrp farm
Millet Dosa
slurrp farm
Millet Pancake

NUTRITIOUS NOSH

Whether you're looking for protein-rich breakfast options or lunchbox friendly ideas, look no further than these meals and snacks from Slurrp Farm, certified by paediatric nutritionists. Packed with superfoods, the range includes items that are suitable for those with intolerances, and features 100 per cent wheat-free snacks that are also free from preservatives, artificial flavours and trans fats. Shop for Dosa mix (Beetroot flavour), Millet Pancake (Banana choco-chip), Cereal (Ragi, almond and banana porridge mix), and Mighty Munch puffs in cheese, herbs and tangy tomato.

Available on Kibsons, Mumzworld, Amazon and Noon. Visit slurrpfarm.com for more information.

THE BEST BITES

FreshToHome has launched a 100% Clean Label, preservative-free sandwich bread that's free of food additives (E471 and E472) - fatty acid emulsifiers typically used in bread production to extend shelf-life. Choose from the White sliced sandwich bread, Whole wheat sliced sandwich bread, and Multi-seed bread containing rye, oats, sunflower seeds, linseed, pumpkin, and malted rye.

Download the FreshToHome App (Android & IOS) or visit freshtohome.com.

Photographs SUPPLIED

justcook
FRESH MADE EASY

DOORSTEP DELIVERY

JustCook, a homegrown meal-kit delivery concept, offers high-quality fresh products to promote healthy eating and cooking. If you're out of meal inspiration and/or find yourself throwing out ingredients rotting at the back of the fridge, consider JustCook. The boxes are filled with pre-portioned ingredients that help to reduce food waste and carbon impact, and are delivered along with a QR code for you to scan the recipe. The well-balanced meals can be ordered via the website, where you pick your menu (Meat, Vegetarian, Paleo and Keto) and view the recipes for the week.

Visit justcook.ae.

FOOD IS GREAT

MARK YOUR CALENDAR

Gulfood Manufacturing is back with four leading shows under one roof. Those visiting the MEASA region's biggest food and beverage processing and packaging event can visit around 36,000 food and beverage manufacturers from over 60 countries. In addition to the main annual event, head to Yummex Middle East for producers and manufacturers within the sweets, confectionery and snacks industries, and the Specialty Food Festival for the best of fine dining creations, artisan ingredients and speciality beverages.

November 7 to 9. Visit gulfoodmanufacturing.com.

CHEF ON DEMAND

UAE-based food tech startup, HeyChef, unveiled their on-demand personal chef service, so you can leave the stress of cooking up a celebratory dinner or weekly meals in the hands of the experts. Chefs are available to cook daily, weekly, monthly or for gatherings and corporate events. The platform promotes fresh, healthy eating and offers a wide range of cuisines for you to choose from. In addition to this, HeyChef also provides cooking classes, barbecue services on yachts, and themed menus including sushi, steak, dim sum and more. Keep your eyes peeled for their festive menus!

Visit HeyChef.ae.

GALATEO & Friends

THIS MONTH WE LOVE...

Galateo&Friends, a high-quality Taggiasca extra virgin olive oil bottled in vibrant, unique packaging - the perfect marriage of design and food.

Available at classicdeli.market/ae.

Advertisement feature

ISLAND RETREAT

Rixos Premium Saadiyat Island reopens its doors, welcoming guests to a tranquil haven

Imagine walking on soft white sand as you take in the views of the shimmering, crystal-clear Arabian Gulf that flanks Rixos Premium Saadiyat Island. This leading all-inclusive luxury resort offers an idyllic haven for those who want to connect with nature while enjoying the finest in luxury. There's no better time than now to escape to this Arabian paradise island for a couple's getaway or that much-needed family vacation.

Situated on a breathtaking private stretch of naturally preserved beach (also a UNESCO Heritage site), this secluded sanctuary adds to the island's appeal with 288 elegantly designed rooms and suites displaying traditional arabesque designs infused with a Mediterranean-inspired atmosphere. Expect a perfect blend of Turkish heritage and modern sophistication. Step into an Ottoman palace with a collection of intricate sky-high chandeliers, dazzling interiors reflecting gemstone shades of green, blue and turquoise, and warm welcomes, as butlers escort you to your new home away from home.

The brand's best-kept secret till date, Club Privé by Rixos Saadiyat Island, offers picture-perfect beachside luxury living with three-bedroom Executive Villas with pool access, and four-bedroom Superior Villas with a private pool, for that exclusive holiday experience. Hideaway in one of the 12 exclusive 2,500 square-foot to 3,500 square-foot seafront villas and enjoy breathtaking views of the Arabian Gulf, 24-hour butler service and exclusive access to Club House restaurant.

In addition to this, you can choose from a two-bedroom Family Room with a shared pool or a two-bedroom Suite with lush garden views. For that added touch of luxury, there's a spacious two-bedroom with a private pool, where guests can jump out of bed and directly into the pool. For the ultimate royal treatment, the Presidential Suite steals the show with a majestic two-bedroom adorned with chandeliers, marble floors, and elegantly decorated interiors resembling that of an oriental palace.

GASTRONOMIC JOURNEY

Rixos Premium Saadiyat Island boasts seven restaurants and six bars, where all meals, beverages and gratuities are included. With brunches at the resort's award-winning all-day dining restaurant, Turquoise, and à la carte dining destinations carefully curated to suit diverse palettes, options are aplenty. Experience L'Olivo for Italian specialities, an Asian restaurant serving up world-renowned Japanese Teppanyaki Aja, and a casual dining concept, People's. Diners are invited to the picturesque rooftop bar for a sip of that signature sundowner while taking in the stunning views at sunset.

Whether you're a regular or reluctant gym-goer, our team of elite instructors and an endless list of activities are there to inspire and ignite your sense of adventure. From our action-packed fitness classes in the wellness area and challenging pool activities, to a relaxing paddleboard session, there's always something new to try. While the adults are busy, children can head to Rixy Kids Club and splash around at the one-of-a-kind mini Waterpark and renowned Wave Pool - a destination in itself for families.

Revive and rejuvenate your senses at Anjana Spa. The wide range of treatments combine Turkish, Moroccan and authentic far eastern rituals for that much-needed Ottoman relaxation.

BOOK YOUR STAY

Contact +9712 492 2222 or
email reservation.saadiyat@rixos.com.
Instagram: @clubpriveuaebyrixos

Flavours of the *month*

What's hot and happening around town this month

MASALA, BAB AL SHAMS

Embark on an authentic culinary journey through the North of India, as you explore the joys of traditional Indian tandoor and curries, while al fresco dining under the stars. Celebrate this Diwali with a vibrant, specially curated sharing menu, with dishes brimming with exotic spices, distinctive flavours and decadent desserts.

The Diwali menu is available until November 10, from AED195 per person. Contact +9714 809 6194.

CAFÉ BY AL-FUTTAIM IKEA

On your next visit to Expo 2020 Dubai, head to the Swedish Pavilion for Ikea's first stand-alone Café of around 2,150 sq. ft. Built around the theme of 'co-creation for innovation' with a strong focus on sustainability, guests can enjoy freshly brewed organic coffee certified by UTZ (a non-profit organization) and signature salmon from the renowned Aquaculture Stewardship Council's responsible seafood practices certified farms, in addition to the well-loved plant balls. You can also find all your favourites including the signature breakfast, sandwiches, salads and hot snacks.

PRIME

The Meydan Hotel's renowned steakhouse is re-opening this month and meat connoisseurs are in for a treat. Serving premium meat that's carefully sourced from around the world, diners can experience main courses with a flambé show, and desserts meticulously prepared next to your table. The elegant interiors offer private dining and a cigar lounge showcasing the finest selection for you to indulge.

Contact +9714 381 3111.

Masala, Bab Al Shams

Photographs SUPPLIED

ZETA SEVENTY SEVEN, ADDRESS BEACH RESORT

Book a stay at this gorgeous resort and hotfoot to the Guinness World record-breaking infinity pool for the 'Moonlight Floating' dining experience. Accessible to in-house guests, the resort's oasis overlooks the breathtaking views of Ain Dubai, Bluewaters Island and the Palm Jumeirah while offering a special menu served on a sustainable wicker tray. Expect contemporary Asian cuisine in the form of sashimi and sushi rolls, Oscietra Imperial caviar, Oysters, Miso black cod, and Tōgarashi potato fries. Zeta Seventy Seven's signature Kagoshima Wagyu beef follows, ending with sliced exotic fruits or the scrumptious Japanese cheesecake served with peach and pepper sorbet

Daily from 8-10pm. AED1,777 per tray (recommended for two pax). Contact +9714 879 8866.

NAWAB, JEBEL ALI RECREATION CLUB

Dubai's favourite hidden gem Nawab Restaurant, originally founded in 1989 in old Dubai, has opened their very first licensed venue, complete with six TV screens for you to enjoy your favourite games. Experience concoctions infused with Indian spices, craft hops and traditional Indian flavours with a modern twist, seen in appetisers such as Kataifi paneer fingers and Lamb tacos. For mains, dunk your naan into Palak kofta curry, Dal makhani, Butter chicken and more. Don't miss the Spice rose (pink rose kulfi falooda with masala rabadi) and Morning after (coffee rasgula served in caramel yoghurt, topped with berry flakes).

Contact 800NAWAB (80062922).

CLUCKIND

UAE's homegrown Indian street-food eatery, Mohalla, has introduced a chicken wings delivery concept CLUCKIND. If you love wings with robust flavours, these crafted bites will surely impress. Sink your teeth into Tamarind for sticky, sweet and smokey wings; Golden Curry (tossed in Madras curry mayo and spring onions) and Mind Cluck wings for notes of tamarind with bhoot jolokia extract (75,000 Scoville heat). All wings are served with a side of moreish corn ribs, adding just the right amount of sweetness to complement the chicken.

Available in regular (three wings) and large (five wings) boxes. Order on Chatfood via Instagram (@cluckind).

LOLA TABERNA ESPAÑOLA

Nestled at Tryp by Wyndham Dubai in Barsha is this Spanish restaurant that offers a fresh menu teeming with all-time favourites sold at tabernas in Spain. Now presenting a newly launched menu, diners can tuck into a selection of traditional and classic tapas plus authentic creations from Chef Daniel. Menu highlights include a fresh addition to the Paella selection, Fideuà (Noodle) paella, Liquid olives, Baby squid and prawn croquettes, and the refreshing White seabass ceviche & kikos. Other must-try dishes include the Rubia Gallega beef airbag, Txistorra Basque sausage, Morcilla Spanish black pudding sausage, Bikini sandwich, and Botifarra Catalan sausage, for a meal to remember.

Contact +9714 247 6688.

AIZA

There's a new brunch in town! Head over to the chic Greek-Mediterranean restaurant at The Pointe at Palm Jumeirah for the "Paradise" Brunch, where diners will be taken on a sensory adventure while swaying along to tunes from the DJ. The sharing-style menu of Mediterranean delicacies with innovative flair features appetizers such as pita bread, marinated olives, tyrokafteri, tzatziki and taramosalata, followed by pita tacos with chicken, spinach pie, chicken kalamaki, meatballs, sea bass ceviche, and risotto truffle and chicken mushroom for entrées. Polish off your meal with loukoumades and molten chocolate.

Friday from 12-4pm. AED239 per person for the soft beverage package, AED339 for the house beverage package and AED379 for the bubbly package. The brunch is priced at AED119 for children up to the age of 10. Contact +9714 575 5097.

TORI NO SU, CONRAD ABU DHABI ETIHAD TOWERS

An Asian-inspired culinary feast awaits guests at the renowned Tori No Su (translated to bird of nest in Japanese). The menu comprises a versatile sushi selection, exotic dishes from the Teppanyaki Grill, Ramen, Chef Yosuke's special Sea Urchin Wagyu roll (roasted Wagyu with Hokkaido fresh sea urchin served with Nikiri soy sauce) and Grilled beef tongue Sendai style, alongside other dishes. The Traditional grilled miso black cod (72 hours cod marinated in Saikyo Miso) and the MB 7 Wagyu tenderloin steak foie gras, served with truffle ponzu and grated wasabi, come in highly commended too.

Contact +9712 811 5666.

Tried & *tasted*

Our top dining experiences this month

RANG MAHAL, JW MARRIOTT MARQUIS DUBAI

Nestled within the lauded five-star JW Marriott Marquis Dubai, is the newly refreshed and reopened Rang Mahal (translates to 'Palace of Colours'), which celebrates cuisine from India in all its diversity.

The restaurant boasts an intimate setting with lit-up Indian murals, vibrant colours interspersed about, colossal carved-wood columns and a glass-walled kitchen to one side, offering a glimpse into the culinary magic being rustled up by chef Alok Kumar and the culinary team, led by chef Moritz Neumann.

The highlights:

The menu is vast but well-thought-out, featuring traditional and contemporary Vegetarian appetisers, Non-vegetarian appetisers, Curries, Masala dishes, Bhuna (a dry-fry dish), signature specials, Sides, Rice, Raita, Biryani, Bread and finally, Desserts from across India. Each sounded simply delicious and hence, it got a bit tough to choose.

My dining partner wandered off to have a look around the Rang Mahal lounge area, comprising a selection of beverages creatively curated to compliment the heritage culinary classics. A platter of mixed pickle, pineapple and mint chutney made its way to our table alongside a portion of rice papadums - we were off to a good start.

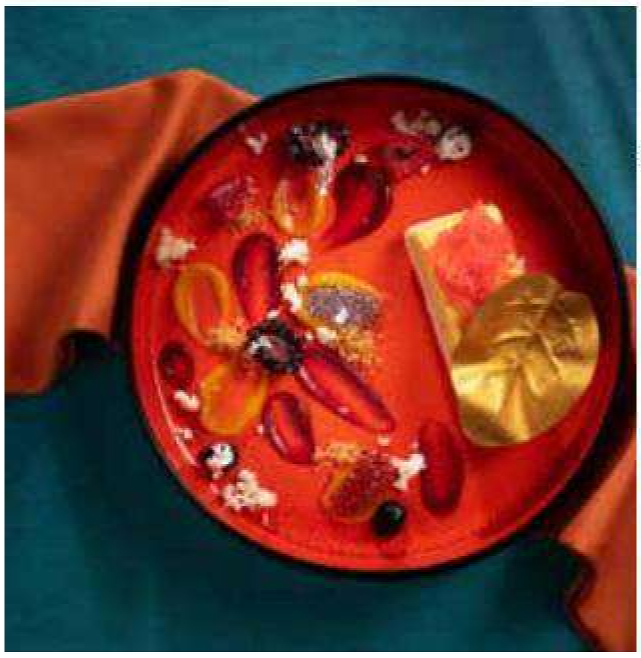
The Mangalorean ghee roast prawns followed, topped with curry leaves, grated coconut and served alongside khakhra (a crispy flat bread) to scoop the rich semi-dry gravy. The Minced lamb kebabs soon arrived, cooked tandoori style with radish, pickled onions and pomegranate purée on the side.

We decided to have a taste of the infused beverages and loved the interesting use of ingredients such as saffron, pimento, rose, honey and chilli, served creatively in enjoyable sips.

A moreish Cottage cheese kofta was up next, and if you do love a creamy, sweet-sour curry, do give this dish a try. I used a piece of flatbread to mop up the last bits from the serving bowl. The Southern-style pulled lamb is a melt-in-your-mouth, scrumptious dish best eaten with the flaky, layered Laccha paratha (flatbread).

Indian cuisine enthusiasts will recognise familiar flavours in each dish, and still be blown away by the simplicity yet sophistication of each. Cooked in a banana leaf and packed with both large and small prawns, cashew nuts and spices, the Prawn biryani was fluffy, light, moist and not at all greasy.

Since we had eaten more than we imagined, we shared just one dessert - the Cassata kulfi. The inspiration for the treat comes from Italy, where cassata is a traditional cake from Sicily that consists of sponge cake moistened with fruit juices and layered with ricotta and candied fruit; and from India too, where kulfi is a timeless frozen dairy dessert that originated in the subcontinent in the 16th century. Rang Mahal's interpretation includes a layer of saffron, pistachio and rabdi (a sweet, condensed-milk based pudding) with a chocolate-gold leaf, fruit purée and falooda. Absolutely splendid!



The verdict:

Ideal for intimate meals, celebrations and casual gatherings. Expect hearty, fragrant and flavour-packed dishes.

Book now:

Daily from 6pm to 12am. Call +9714 414 3000. Visit jwmarriottmarquisdubailife.com.

Words by Serena Botelho e Warren

AKIRA BACK AT THEATRE, VOX CINEMAS

Majid Al Futtaim's dedicated cinema arm, VOX Cinemas, has teamed up with the celebrated, Michelin-starred chef Akira Back, to offer a film and fine-dining experience like never before – the Akira Back at THEATRE experience.

The THEATRE experience boasts a private entrance, after a short escalator ride to a lower level than the other cinema offerings. Presenting a glamourous space with clean lines, balanced lighting, leather and velvet seats and dramatic curtains sweeping the floor, the Akira Back at THEATRE experience offers you elegance and cosiness all in one.

To get the best experience of dining at the exclusive private lounge, we arrived at the VOX Cinemas' luxury cinema concept 45 minutes prior to the movie. While all the venues offer the same level of luxury, we visited the VOX Cinemas at Nakheel Mall, and were in good hands. Ample seating takes up space on either side of the room, while a majestic bar boasting fruity beverages, syrups and glassware takes centre stage.

The highlights:

We slid into comfortable couches and began perusing the menu which features signature dishes from the world-renowned chef, alongside gastronomy exclusive to VOX Cinemas.

The menu is divided into an impressive seven sections – the Appetisers featuring dainty delights; the Starters and Signature rolls offering heartier options; the Cinema classics and Mains reserved for when the hunger pangs really strike; Desserts to satisfy your sweet tooth; and Signature mocktails to accompany.

Beverages, specifically a light and fun Mango and passion fruit cooler was my partner's sip of choice; while I settled on a Vanilla espressotini for a much-needed coffee shot. Pleasantly prepared and flavoursome, the curated beverages offered a great start to our evening. In no time, our marble table was brightened up with an array of dishes. Appetisers not to be missed are the Akira Back pizza and Rock shrimp tempura. A signature dish from chef Akira Back, the feather light pizza features a generous amount of mild umami aioli, thinly sliced tuna, white truffle oil and micro shiso. Pretty as a picture, delicate with layers of flavours in each bite, this was one excellent pizza. The crunchy one-bite shrimps are bound to be a crowd-pleaser with a slight-spiced gochujang mayo and a sprinkling of chives.

If you have to try just one from the Signature rolls, we recommend the Cow-cow – a delish mouthful of unconventional braised short rib and Asian slaw packed in rice rolls.

We made our way into the cinema and onto plush reclining seats with armrests and extra legroom, complete with side countertops for your meal, buttons to request for service and blankets to keep you snug. Do note that before you even enter the cinema, you can place an order for your desired dishes, requesting they be delivered at a specific time.

We shared a portion of four AB tacos filled with beef bulgogi and roasted tomato ponzu and spicy salmon, wakame and cucumber. The screen provided sufficient lighting to have the crisp-shell mini tacos and we loved every bite. Halfway through the thrilling *James Bond - No Time To Die* we received our Mains, the Angry chicken with sanpei sauce and a side of white rice, and Kimchi fried rice with confit duck leg, fried egg and huacatay sauce.

You're probably thinking, "wait, fried rice at the movies?" I say, why not? Served in trays for convenient dining, the fragrant sweet and spicy chicken is a good option if you love crunchy textures. The fried rice and duck leg was a rich savoury, sour and punchy fusion of flavours.

Since dessert looked too tempting to miss, we ordered the zesty, fresh AB kiss with yuzu, sablé crumble and strawberry gelato and the decadent AB chocolate cigar with lucuma mousse.

The verdict:

It's like Netflix and chill, but way better! Perfect for dinner dates and evenings out with the mates.

Book now:

Currently offered at VOX Cinemas at Mall of the Emirates, Nakheel Mall and City Centre Mirdif; in Abu Dhabi at Nation Towers, The Galleria Al Maryah Island and Yas Mall; and in Al Ain at Al Jimi Mall. Visit uae.voxcinemas.com/ways-to-watch/theatre.

OPEN FLAME KITCHEN, FASHION AVENUE, DUBAI MALL

Perched on the first floor of the iconic Fashion Avenue of The Dubai Mall, Open Flame Kitchen – OFK is the signature restaurant concept of Gastronomica, the restaurant operator of original upscale dining concepts.

The experiential dining spot with minimal interiors, features a partly visible glass-walled kitchen and a spectacular outdoor terrace. Expect internationally inspired grills, among other creative dishes including sushi from a live counter.

OFK's unique concept revolves around the theme of the open kitchen experience, offering diners the chance to discover flame cooking and drawing inspiration from international influences. This is played out by the restaurant's three grills; the Latin-American parrilla, a tandoor from North India and a robata grill originating from Japanese cooking methods.

The highlights:

If you do get a chance to nab a seat outdoors, take it. The views of the Downtown Dubai Fountains are phenomenal. We visited on a weekday, and were seated indoors, but made it a point to check out the outdoor terrace. With summer at its end, the space is absolutely breath-taking.

The digital menu offers impressive dishes, most highlighting the open flame cooking method. A tip, do reach out to the staff who can help with menu selections based on your preferences. We did and had a memorable dining experience.

Our evening began with a complimentary serving of Sesame charcoal tortilla-style chips with labneh - a stunner! Let's just say there was a fight for the last piece. A Pacific maki from the Raw & Salad section followed, bursting with tropical island flavours unlike any we'd had before. Spicy rock shrimp, mango, avocado, toasted coconut and chilli mayo offered a beautiful textured bite to each roll.

We then moved on to the Small Bites and indulged in Tiger shrimp hatayaki with a citrus-like yuzu koshu butter; and a Wagyu kushiyaki with chilli maple soy glaze and crispy garlic, all of which literally melts-in-your-mouth. The grilled beef was skewered in a folded ribbon-like manner and cooked rare. I had my heart set on the Wagyu short rib gyoza, but when we spotted the 48 hours Sous vide wagyu ribs, we had to change our mind. An indescribable mouthfeel and flavour ensued, with the dish served in a sweet chilli glaze, topped with crisp fried ginger and garlic and garnished with Ito togarashi.

I took my Cherry-flavoured beverage and made my way outdoors for a breather, just in time for the enchanting fountain show. My dining partner followed with a Saint pear beverage featuring basil and lemon.

Back in, we skipped Pasta and Pizzetta in favour of a Lobster fried rice. Finished tableside, the generous portion to be shared features the richness of bone marrow, and umami of oyster sauce with chunks of lobster. We complemented our carbs with a luscious Citrus miso black cod with jalapeno and yuzu miso from the Robata grill.

The Spicy passion-fruit punch with gold-dusted chilli had quite a kick to it. I loved the beverage but if you prefer something sweet, this might not be for you. The Wasabi lemonade with lemon and ginger beer is perfect for a balanced blend of spicy and citrus notes. We had to make room for dessert when we saw Tiramisu on the menu. Dished tableside, the coffee-infused Italian dessert was light yet decadent, and perfect for sharing.

The verdict:

A chic dining destination. Don't let that fool you though! OFK Dubai is a warm and welcoming spot that's apt for romantic date nights or casual catchups after a spot of shopping.

Book now:

Daily from 12-11:40pm.
Call +9714 386 3599.

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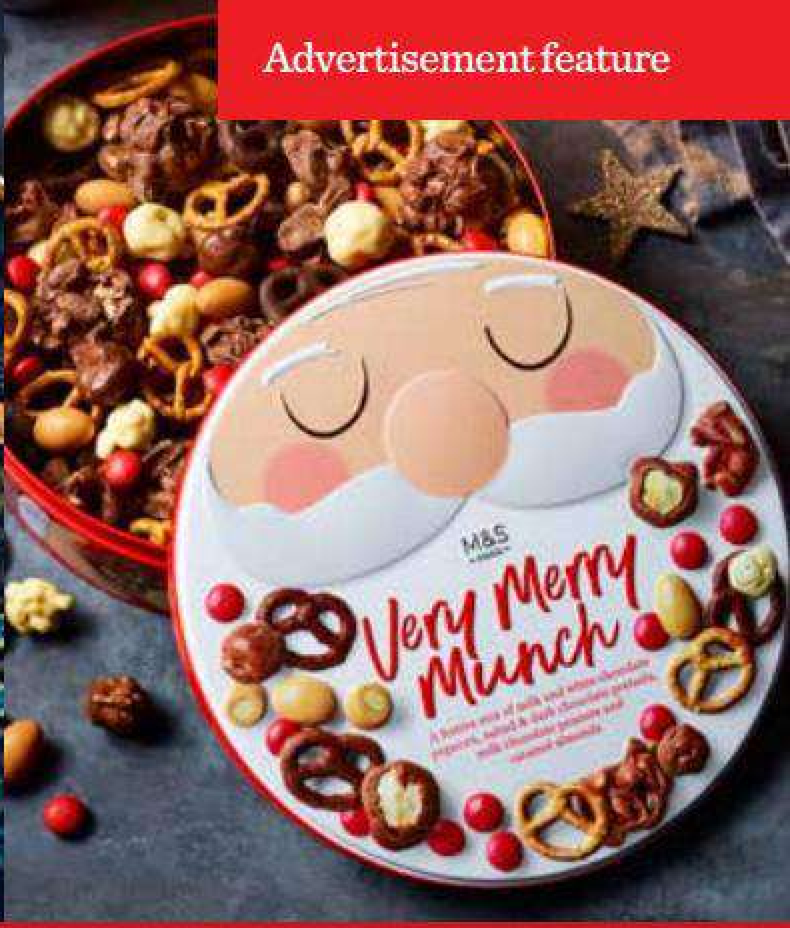


IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS

From stunning light-up gifts to decadent golden blond chocolate treats, the holiday season starts here as Marks & Spencer Food launches its festive range

Much-loved British brand Marks & Spencer has unveiled their highly anticipated collection of the year: the festive range. This can only mean one thing - the countdown to Christmas has begun! Marks & Spencer's must-have Christmas items make for perfect stocking fillers and Secret Santa gifts, so get your aerodynamic shopping outfits at the ready, as these treats and gifts are set to fly off the shelves!

Shortbread Light-Up Houses, 230g (AED 59)

Feast your eyes on our festive Shortbread Light-Up Houses. These gorgeous tins are available in three colours, filled with our signature all-butter Scottish shortbread. Once you've polished off the contents, these beautiful biscuit tins make ideal décor elements for the mantelpiece or dessert table. Collect all three and create a mini light-up village. And what goes best with shortbread? A good cup of tea, of course! Look out for our stunning Luxury Tea Light-up Houses for the perfect pairing.

Collection Swiss Golden Blond Chocolate Florentines, 170g (AED 35)

Say hello to your latest chocolate obsession: golden blond! A recent addition to the chocolate family, golden blond chocolate is the flavour everyone's talking about, and is made by slowly caramelising white chocolate over several hours. Golden blond runs through many of our festive sweet treats this year, including the delightful Collection Golden Blond Chocolate Florentines: rich caramel rounds with almonds and candied citrus peel, for that festive, seasonal feel. These Florentines are sure to make a lasting impression on guests, delighting them with a luscious flavour sensation.

Colin the Caterpillar Advent Calendar, 200g (AED 69)

All your Christmas Colin dreams have come true! A selection of the most popular Colin the Caterpillar treats are now available in one box. The ultimate gift for chocoholics and Colin the Caterpillar fanatics, Marks & Spencer's best-ever range of indulgent and quirky chocolate sweet treats, are sure to be enjoyed by little ones and adults alike. One of the most popular characters in the retailer's history, Marks & Spencer has released their very first Colin the Caterpillar Advent Calendar, extending the Colin and holiday joy this year.

Festive OMBALLS, 95g (AED 35)

For those looking to dazzle and delight loved ones with unforgettable Christmas gifts, look no further than this impressive collection. More chocolate treats that are almost to0-cute-to-eat are the Festive Mini OMBALLS.

Available at Marks & Spencer stores in Dubai Festival City, Ibn Battuta, Mall of the Emirates, Marina Walk, Springs Souk, The Dubai Mall and Yas Mall in Abu Dhabi. Christmas food is available on our M&S food app, for easy delivery.

WEEKEND PROJECT

Pasta alla norma

It's now prime aubergine season, so it's the best time to make this Italian classic. In our version, the veg is roasted rather than fried to create meltingly tender chunks of aubergine in a rich tomato sauce.

Pasta alla norma

SERVES 4 **PREP** 10 mins
COOK 1 hr **EASY** **V**

2 aubergines, cut into 3cm chunks
4 tbsp extra virgin olive oil
1 small onion, finely chopped
2 garlic cloves, crushed
pinch of chilli flakes
2 x 400g cans chopped tomatoes
350g spaghetti
small bunch of basil, shredded, plus a few leaves to serve
1 heaped tbsp capers, drained
ricotta salata, parmesan or vegetarian alternative, finely grated, to serve (optional)

1 Toss the aubergines with 1 heaped tsp salt, then tip into a colander set over a bowl to drain for 30 mins.
2 Heat half the oil in a flameproof casserole or saucepan over a low heat and cook the onion with a pinch of salt for 10 mins. Add the garlic and chilli, and cook for 1 min. Tip in the tomatoes, 1 tsp sugar and bring to a simmer. Cook for 20 mins, stirring occasionally. Heat the oven to 220C/200C fan/gas 7.
3 Pat the aubergine dry with kitchen paper, toss with the rest of the oil, spread out on a baking sheet and roast for 25-30 mins until tender and golden at the edges. Meanwhile, cook the pasta following pack instructions, then drain, reserving 100ml of the water.
4 Stir the aubergine into the sauce along with the basil and capers. Season and toss with the pasta and a splash of the reserved water. Divide between bowls and top with the cheese, if using, and extra basil.

PER SERVING 517 kcals • fat 13g • saturates 2g • carbs 79g • sugars 15g • fibre 10g • protein 15g • salt 1.7g

TWIST IT

- ● Try stirring a little nduja into the sauce. The fiery Italian salami paste adds an extra layer of flavour and an extra kick of chilli heat.
- ● If you've got a glut of courgettes, you can use these in place of some, or all, of the aubergines.
- ● To turn this into a pasta bake, swap the spaghetti for a short tube pasta, such as penne or rigatoni, then tip into a dish and cover with mozzarella. Bake until gooey and golden.

Photographs SAM ROBINSON, ISTOCK/GETTY IMAGES PLUS, IMAGESOURCE/GETTY

MYTH BUSTER

Marinades

TRUE OR FALSE? THE LONGER MEAT MARINATES, THE DEEPER THE FLAVOUR

BARNEY SAYS: This partly depends on the thickness of what you're marinating. There's nothing wrong with applying a marinade the day before – the flavours of the marinade will become more harmonious – but if you're cooking a thick piece of meat, like a butterflied leg of lamb or whole joint of beef, it doesn't matter how long you leave it – the marinade will never go any deeper than 5mm from the surface. So, if you come across a recipe that states the need to marinate a thick cut of meat for 24 hours, know that anything more than overnight isn't going to make much difference. **Barney Desmazery, skills & shows editor**

KITCHEN HACK

Mash topping

When topping a fish or cottage pie with creamy mash, start by spooning it around the outside edges first, slowly working towards the middle until the top is completely covered. This stops the filling from oozing at the edges and prevents leakages.

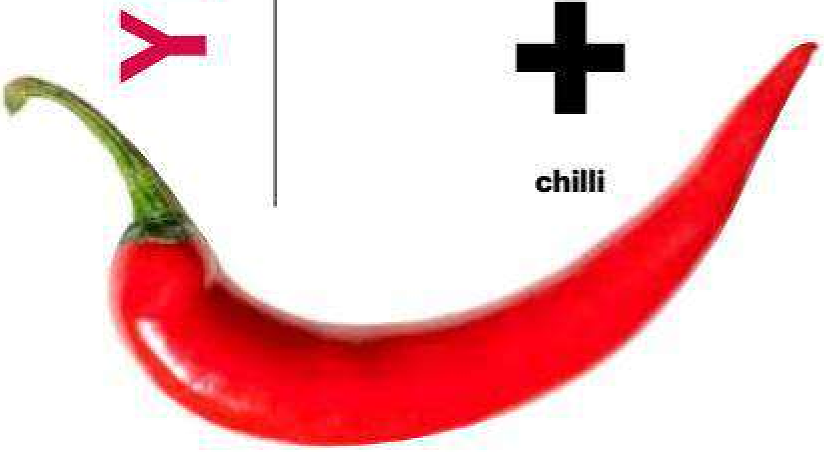
UNUSUAL FLAVOUR COMBINATIONS

YES, IT WORKS!

Sweet and fresh tropical fruits often pair well with hot chillies. Mango works particularly well, as it has a fresh, floral flavour and is cooling, with a soft texture. Try it sprinkled with lime zest, a little salt and fresh chilli or a sprinkle of habanero chilli flakes. It's also delicious in a cold noodle salad with mint, Thai basil and a hot & sour dressing.

mango

+



chilli

Take TWO
POPCORN

CULINARY EXPERIENCES AT STUDIO ONE HOTEL

With a newly launched hangout serving BBQ fusion and plenty of entertainment and fun for all ages, across all venues, Studio One Hotel is sure to become your go-to spot every day of the week

The VOID, Neighbourhood Hangout
Studio One Hotel's latest restaurant, The VOID, welcomes diners to their new favourite neighbourhood hangout serving unique American BBQ fusion fare and more, against a backdrop of Instagrammable wall art, swing tables and urban live music acts. Whether you're looking for a relaxing space to grab a burger or just a happy hour beverage, this urban venue is a hub for the community. The menu features innovative fusion BBQ, combining everything from South Indian to South African and Caribbean influences for meat lovers and vegetarians alike. Don't miss the Slow and low beef brisket and the Spicy portobello mushroom skewers. Finish this off with the Sundae funday and you are in for a real taste sensation.

Sunday - Skools Out Sunday Quiz!
Join the quiz duo, Jack & Stu, for a free quiz every Sunday, from 7-9pm, with happy hour until 8pm and AED1,200 in prizes up for grabs every week. Enjoy dinner while there and get a main course and three beverages for AED129.

Tuesday - Neighbourhood Tuesdays
Get 50% off the à la carte menu every Tuesday. With happy hour and shisha from 5pm, there really is no need to go anywhere else!

Wednesday - Ladies Rock The Block
Get the girls togvether and head to The VOID from 6pm, for three beverages and an entrée at AED99, plus live music from Ollie Frost-Danson.

Thursday – Sundowners
Get those after-work vibes with views of the city and kick back with happy hour from 5-8pm and shisha all evening!

Friday - The Ultimate Throwback Party Brunch
Friday Nights at The VOID are back with the Ultimate Throwback Party from 5-8pm. Start the night off with free-flowing beverages and signature sips, before diving into an assortment of sharing starters, mains and desserts from the à la carte menu. DJ Micky keeps the throwback tunes coming all through brunch while the live singer will have you wishing the dance era was back!

AED299 house beverages (including bubbly) and AED175 for soft beverages. Special offer for November – buy three get the fourth free on house beverages!

Available on The Entertainer. Contact +9714 581 6877 or email thevoid@studioonehotel.com.

LARTE, Italian Bistro

This lifestyle concept is more than just an Italian restaurant. The entertainment destination brings together an all-day dining venue focusing on fresh authentic ingredients, a café, a trendy design-led grape and concoction bar and an art gallery. With its neon signs and sleek interior, it offers a stylish and contemporary approach to the Italian bistro. LARTE brings a range of authentic fresh pasta and pizza dishes, the most popular of which is the spicy Diavola. While Italian Chef Geatano's secret pizza dough showcases a light, and delicious slice - a true taste of Italy. Chef's sauces, LARTE at home, are a popular favourite among diners and now available to purchase in-store.

Alongside a unique Italian menu, an extensive list of beverages, including your Italian top picks, are also available to indulge in during your visit.

Tuesday - Ciao Bella

It's Ladies Night at LARTE every Tuesday from 6pm. Enjoy any pizza, pasta or salad and three beverages for just AED129 per person.

Wednesday - Strapizzami - Unlimited Pizza and Grape every Wednesday at LARTE

Every Wednesday from 6pm, head down to LARTE for Unlimited Pizza and Grape for AED169 per person for ladies and gents.

Friday - Family Festa Brunch

Join in the fun every Friday from 1-4pm. Bring the kids and enjoy free pool access, the games room, cinema screening, as well as pizza and pasta making, live entertainment and authentic Italian food.

AED699 for two adults and two children. AED299 for house beverages (including bubbly), AED75 for soft beverages and AED75 for children under 12.

Friday and Saturday - Lady Mimosa Breakfast

Start the day right with a moms' breakfast at LARTE! Free-flowing orange juice-infused bubbles and breakfast dishes await guests, every Friday and Saturday from 11am-1pm, at AED169 per person. Get the girls, or the guys together and enjoy a fresh breakfast every weekend!

Contact +9714 581 6870 or email ciao@studioonehotel.com.

The Ultimate Birthday Parties at LARTE!

Let LARTE take the stress out of planning your children's birthdays! With pizza making, movies nights, pool access, games rooms and so much more, we make your child's birthday a breeze. Kids get to wear colourful aprons and hats whilst they try to make delicious pizzas, after which they can eat their creations!

Pizza Making & Movie Package

Pizza making with a chef, followed by a private screening in The Screening Room. The package includes juice, popcorn and candy per child, during the screening.

AED149 per child from Sunday to Wednesday, AED159 per child from Thursday to Saturday. Add on pool access at AED25 per child (subject to availability, confirmation in advance). Minimum of 10 children per group.

Pizza Making & Pool Package

Pizza making with a chef followed by up to 2 hours of pool access. Includes a juice per child.

AED99 per child from Sunday to Wednesday and AED109 per child from Thursday to Saturday. Minimum of 10 children per group.

Movie Night Package

Kids get to enjoy a movie screening with popcorn, one soft beverage and candy.

AED49 per child from Sunday to Wednesday and AED59 per child from Thursday to Saturday.

Movie Package & Pizza

Who doesn't love pizza? The package entails a pizza, one soft beverage, popcorn and candy.

AED69 per child from Sunday to Wednesday and AED79 per child from Thursday to Saturday.

Available on The Entertainer.
Contact +9714 581 6800 or email letsmeet@studioonehotel.com.

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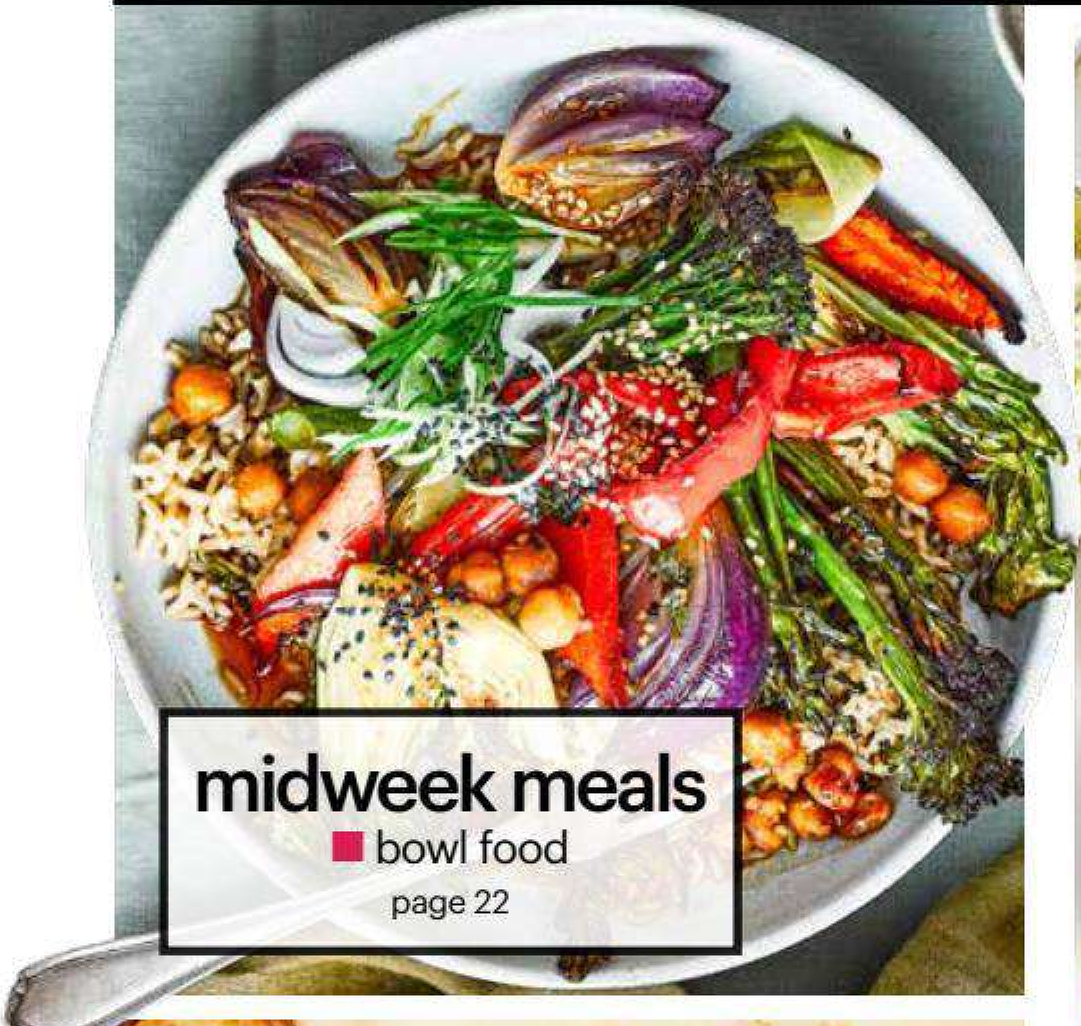
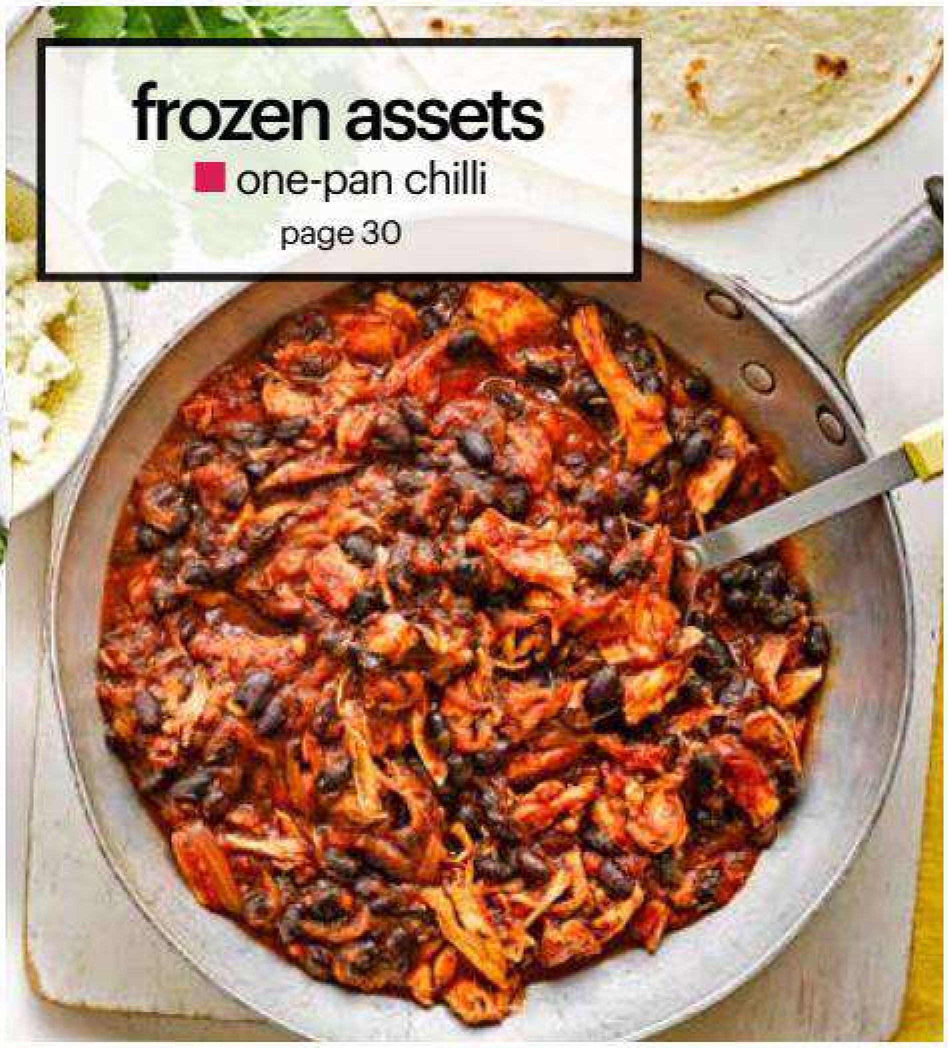


midweek meals

■ bowl food

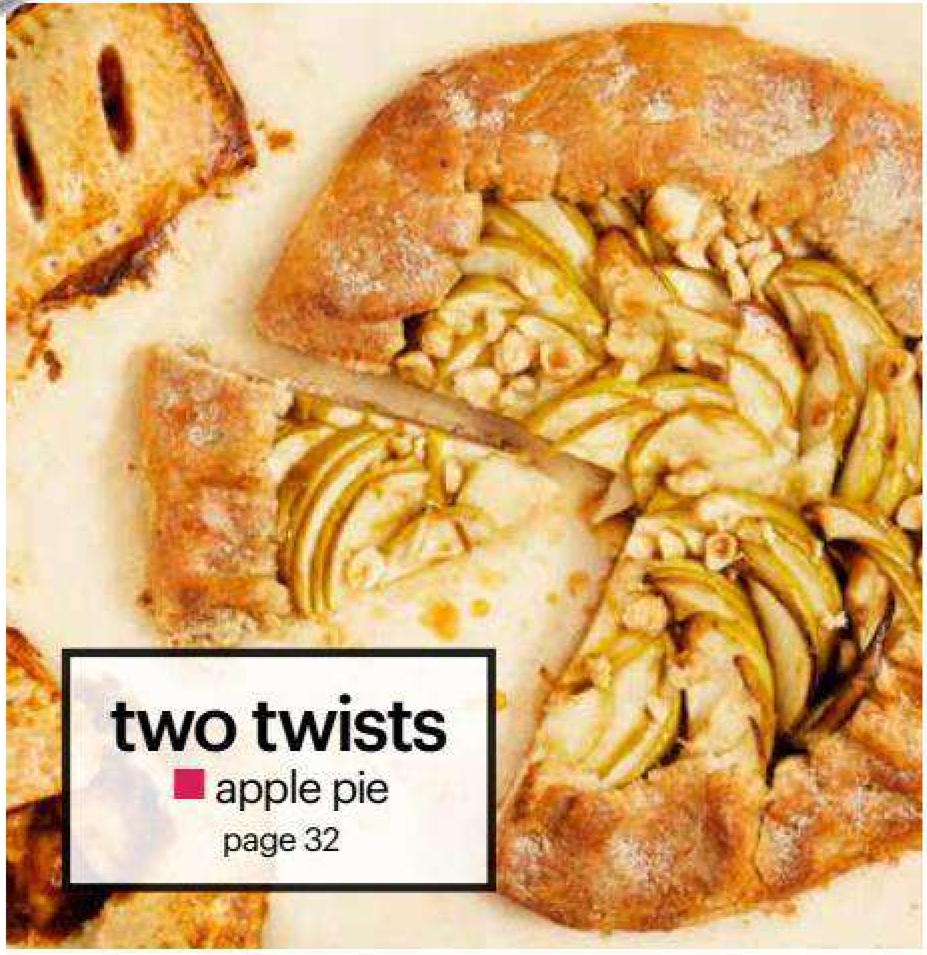
page 22



frozen assets

■ one-pan chilli

page 30



two twists

■ apple pie

page 32

tonight's special

■ duck & watermelon noodle salad

page 35

midweek meals

bowl food

Quick to make yet bursting with flavour, these recipes make a satisfying dinner and work just as well packed up for lunching on the go

recipes LIBERTY MENDEZ ***photographs*** MIKE ENGLISH

Buddha bowl salad

your shopping list

FRUIT & VEGETABLES
- 2 lemons
- 4 red onions
- ¼ small cabbage
- 2 watermelon radishes or 6 small radishes
- 1 cucumber
- 2 large beetroots
- 4 white onions
- 6 celery sticks
- 6 garlic cloves
- 8 carrots
- 2 baby pak choi
- 300g long-stemmed broccoli
- 1 red pepper
- 1 large thumb-sized piece of ginger
- 4 spring onions
- 300g baby spinach

HERBS & SPICES
- 1 small bunch of dill
- 1 small bunch of basil
- ½ small bunch of parsley
- ¾ tsp chilli flakes
- 1 tbsp toasted sesame seeds
- 1 tsp ground cumin

STORECUPBOARD
- 1 tbsp caster sugar
- 200g couscous
- 400g can mixed beans
- 400g wholemeal pasta
- 1½ litres low-salt chicken stock
- 2 tbsp chipotle paste
- 2 x 400g cans chickpeas
- 4 tbsp teriyaki sauce
- 400g cooked brown rice
- 4 wholemeal pittas
- 2 tbsp plain flour
- 2 tbsp tahini
- 2 tbsp apple cider or white wine vinegar
- 75ml olive oil
- 2 tbsp sesame oil

MEAT/FISH
- 400g cooked chicken

DAIRY
- 120g low-fat crème fraîche
- 100g feta

FROZEN
- 200g frozen peas

Creamy beetroot & feta pasta

BALANCED

Buddha bowl salad

SERVES 4 **PREP** 15 mins
NO COOK **EASY** **V**

- 200g couscous
- 400g can mixed beans
- 1 tsp olive oil
- ½ tsp chilli flakes
- ¾ small bunch of dill, torn into sprigs
- 2 watermelon radishes or 6 small ones, sliced
- ½ cucumber, peeled into ribbons

For the quick pickle

- 1 large red onion, finely sliced
- ¼ small red cabbage, finely sliced
- 2 tbsp white vinegar or apple cider vinegar
- 1 tbsp caster sugar
- ¼ small bunch of dill, leaves picked

1 First, make the pickle. Mix all the ingredients together in a large bowl with 1 tsp flaky sea salt, then cover and set aside until needed.
2 Mix the couscous with 280ml boiling water in a bowl, cover and leave for 4 mins, then fluff up with a fork. Set aside to cool slightly.
3 Meanwhile, drain and rinse the beans, tip into a bowl, then stir in the olive oil and chilli flakes along with a little seasoning.
4 Mix most of the dill through the couscous and season. To assemble, spoon the quick pickle, couscous, radishes, beans and cucumber into separate parts of each bowl. Top the pickle with the reserved dill and grind over some black pepper.

GOOD TO KNOW vegan • low fat • low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 327 kcals • fat 3g • saturates none • carbs 59g • sugars 14g • fibre 9g • protein 13g • salt 1.7g

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BALANCED

Beetroot & feta pasta

SERVES 4 **PREP** 20 mins
COOK 25 mins **EASY** **V**

- 2 large beetroots, peeled and roughly chopped into chunks
- 1 tbsp olive oil
- 2 onions, finely chopped
- 4 celery sticks, finely chopped, celery tops kept separate
- 4 carrots, peeled and finely chopped
- 1 small bunch of basil
- 2 garlic cloves, finely chopped
- 400g wholemeal pasta
- 75g low-fat crème fraîche
- 100g feta

1 Put a large pan of salted water on a high heat, bring to the boil and add the beetroot chunks. Boil for 5 mins, then transfer the beetroot to a plate using a slotted spoon. Set the pan of cooking water aside.
2 Meanwhile, put the olive oil in a large frying pan set over a medium heat, then add the onions, celery and carrots, and cook for 8 mins until softened. Finely chop the basil stalks and celery tops, then add to the pan along with the garlic, and fry for another 30 seconds.
3 Tip the pasta into the pan of beetroot water and simmer for 13-15 mins (depending on what pasta you're using) until just cooked but retaining a little bite. Drain, reserving 200ml of the pasta water and tip the pasta back into the pan. Meanwhile, put the beetroot with half of the fried veg into the bowl of a food processor with most of the basil leaves and the crème fraîche, then blitz until smooth. Gradually add the reserved pasta water to loosen until you have a thick mixture.
4 Stir this sauce through the pasta along with the remaining fried veg and some seasoning. Divide between bowls, crumble over the feta, then scatter with the remaining basil leaves. Grind over some black pepper, if you like.

GOOD TO KNOW low cal • calcium • folate • fibre • iron • 2 of 5-a-day
PER SERVING 468 kcals • fat 13g • saturates 6g • carbs 63g • sugars 14g • fibre 17g • protein 17g • salt 0.8g

gf tip
MAKE IT VEGAN
This can easily be made vegan by using a plant-based crème fraîche and vegan feta.

HEALTHY

Spinach falafel & hummus bowl

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY**

- 150g baby spinach
- ½ cucumber, sliced
- 1 red onion, finely sliced
- 4 wholemeal pittas, toasted, to serve

For the falafel

- 150g baby spinach
- 400g can chickpeas, drained
- 1 garlic clove, chopped
- 1 tsp ground cumin
- ½ small bunch of parsley, finely chopped
- 2 tbsp plain flour
- 1 tbsp olive oil, plus extra for rolling

For the hummus

- 400g chickpeas, drained
- 40ml olive oil, plus extra to serve
- 1 garlic clove, roughly chopped
- 1 lemon, juiced, plus extra to serve (optional)
- 2 tbsp tahini

1 Heat the oven to 190C/170C fan/gas 5. Line a baking sheet with non-stick parchment. Put all the falafel ingredients, except for the oil, in a food processor and season lightly. Pulse until you have a rough mix.

2 Oil your hands lightly, then take tablespoons of the falafel mix, roll into around 16 balls and put on the baking sheet. Press each one down slightly with the palm of your hand. Brush using the 1 tbsp oil and bake for 20-25 mins until firm and golden, turning halfway through.

3 While the falafel is cooking, make the hummus. Put all of the hummus ingredients into a food processor with 50ml of water and blitz until smooth and silky.

4 Put the spinach, cucumber, red onion and falafel in different sections of each bowl, alongside some hummus, then drizzle with the extra olive oil. Grind over some black pepper. Serve with the pittas on the side and more lemon for squeezing over, if you like.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 379 kcals • fat 22g • saturates 3g • carbs 27g • sugars 4g • fibre 10g • protein 14g • salt 0.1g

Shoot director SARAH SNELLING | Food stylist LIBERTY FENNELL | Stylist LUIS PERAL

HEALTHY

Smoky chipotle chicken soup

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY**

- **1 tbsp olive oil**
- **2 onions, finely chopped**
- **4 carrots, finely chopped**
- **2 celery sticks, finely chopped**
- **1½ litres low-salt chicken stock**
- **1-2 tbsp chipotle paste (depending on how much spice you prefer)**
- **400g leftover cooked chicken, shredded**
- **200g frozen peas**
- **1 lemon, zested and juiced**
- **4 tbsp low-fat crème fraiche**
- **2 garlic cloves, crushed**
- **¼ tsp chilli flakes, to serve (optional)**

1 Heat the oil in a large saucepan over a medium heat, add the onions, carrots and celery, and fry for 8 mins until softened, stirring occasionally. Stir in the stock and chipotle, bring to the boil, and simmer for 10 mins

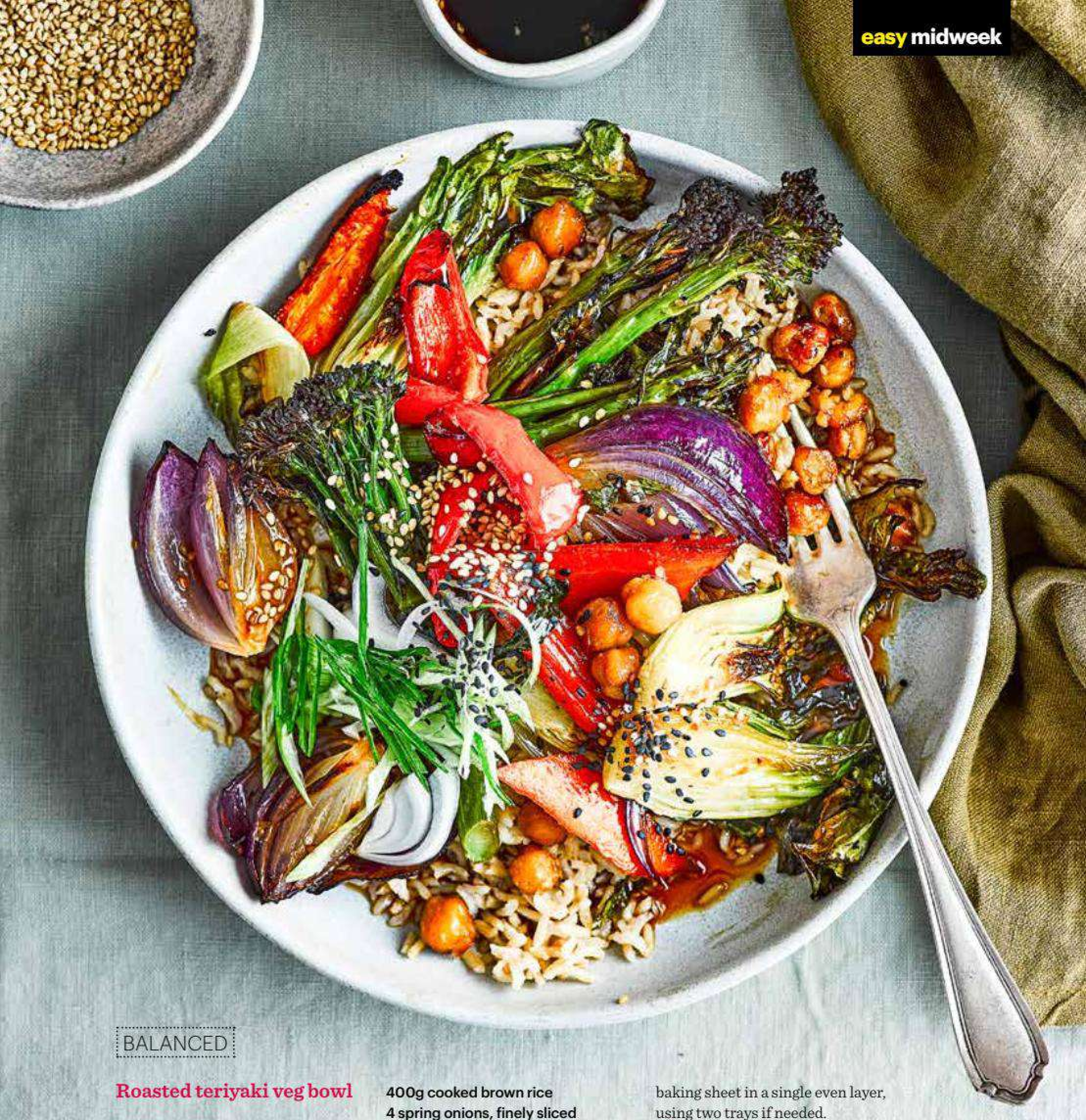
2 Ladle half of the soup into a blender and blitz. Pour the blitzed soup back into the pan, then add the chicken, peas, lemon juice and some seasoning (use smoked salt, if you have it). Simmer for 5 mins to warm through.

3 Stir the lemon zest into the crème fraîche along with the garlic and 2 tbsp water to loosen.

4 Divide the soup between bowls, swirl in the crème fraîche and top with the chilli flakes, if using.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day

PER SERVING 354 kcals • fat 15g • saturates 5g • carbs 19g • sugars 13g • fibre 7g • protein 32g • salt 0.8g



BALANCED

Roasted teriyaki veg bowl

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY** **V**

- 300g long-stemmed broccoli
- 2 baby pak choi, quartered
- 2 red onions, cut into 3cm wedges
- 1 red pepper, deseeded and sliced
- 4 carrots, chopped into wedges
- 400g can chickpeas, drained
- 2 tbsp sesame or olive oil
- 4 tbsp teriyaki sauce
- 1 large thumb-size piece of ginger, grated
- 400g cooked brown rice
- 4 spring onions, finely sliced
- 1 tbsp toasted black and white sesame seeds

1 Heat the oven to 220C/200C fan/gas 7. Chop the broccoli stalks, leaving the florets whole, and put all of it in a large bowl. Add the pak choi, red onions, peppers, carrots, chickpeas (patted dry with kitchen paper), oil, 3 tbsp of the teriyaki sauce and the ginger. Toss until everything is coated and season lightly. Tip onto a large non-stick baking sheet in a single even layer, using two trays if needed.

2 Bake the veg for 35-40 mins, tossing halfway through until starting to brown. When there is 5 mins of cooking time left, heat up the rice. Divide the rice between the bowls and top with the roasted veg. Drizzle over the reserved teriyaki sauce and scatter with the spring onions and sesame seeds.

GOOD TO KNOW vegan • low fat • low cal • folate • fibre • vit c • 4 of 5-a-day

PER SERVING 402 kcals • fat 10g • saturates 2g • carbs 55g • sugars 16g • fibre 14g • protein 15g • salt 1.6g

friday night treat

speedy stir-fry

Ready in just 30 minutes, this takeaway-style dish works with rice on the side or noodles tossed through it

recipe BARNEY DESMAZERY ***photograph*** HAYLEY BENOIT

Soy & chilli chicken with peppers & peanuts

What's great about this is you can pack it full of other crunchy veg you might have in the fridge, like green beans, long-stem broccoli or ready-to-eat beansprouts.

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**

- 2 tbsp Shaohsing wine or dry sherry
- 1 tbsp cornflour
- 2 tbsp soy sauce
- 3 chicken breasts, cut into large chunks
- 3 tbsp sunflower oil
- 2 red peppers, deseeded and cut into large chunks
- small bunch of spring onions, whites cut into finger lengths, greens finely sliced
- 4 garlic cloves, finely sliced
- thumb-sized piece of ginger, peeled and finely sliced
- 1 red chilli, sliced
- ½ tsp caster sugar
- 2 tsp malt vinegar
- 80g roasted peanuts or cashews
- rice or noodles, to serve (optional)

1 Mix together the wine, cornflour and half the soy sauce in a large bowl, then tip in the chicken pieces and toss to coat. *You can do this up to a day ahead and keep covered and chilled until needed.* Heat half the oil in a wok over a high heat and fry the chicken for 4-5 mins, stirring occasionally, until golden on all sides. Scoop out onto a plate.

2 Heat the rest of the oil in the same wok and fry the peppers and spring onion whites for 1 min. Add the garlic, ginger and chilli, and stir-fry for another minute. Add the sugar, vinegar and the remaining soy. Let everything sizzle for 30 seconds, then tip the chicken and any juices into the wok along with the nuts. Stir-fry for another 1-2 mins until the chicken is cooked through. Stir through the spring onion greens and serve with rice or toss through some cooked noodles, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 412 kcals • fat 23g • saturates 3g • carbs 12g • sugars 7g • fibre 4g • protein 36g • salt 1.6g

gf tip
This is a sticky stir-fry rather than saucy. If you do want a sauce, then add 100ml of chicken stock at the end and another 1 tsp of cornflour mixed with a little water.

Shoot director JACK HUNTLEY | Food stylist ELLIE MULLIGAN | Stylist ROB MERRETT

FROZEN ASSETS

ONE-PAN CHILLI

Make a batch of ***Barney Desmazery's*** Mexican-inspired chilli, which can be easily doubled and kept in the freezer ***photograph*** MIKE ENGLISH

Pulled chicken & black bean chilli

This is my go-to family recipe using a pack of chicken thighs. Shredding the meat makes it go further and the black beans bulk it out, so there's plenty to go around. This is one of those meals that my kids think of as a kind of 'takeaway' treat without realising just how healthy it is.

SERVES 4 PREP 10 mins
COOK 1 hr EASY ❄

2 tbsp sunflower oil
2 onions, sliced
4 boneless, skinless chicken thighs
3 garlic cloves, finely chopped
1 tbsp oregano
1 tsp cumin seeds
3 tbsp chipotle in adobo or 1 tsp chipotle paste
350g passata
½ chicken stock shot or cube
400g can black beans, drained but not rinsed
½ lime, juiced
cooked rice or tortillas, coriander, feta, lime wedges and chopped red onion, to serve (optional)

1 Heat the oil in a shallow saucepan or casserole dish with a lid. Tip in the onions and cook over a medium-low heat for 5 mins until softened. Add the chicken and turn up the heat to medium. Stir in the garlic, a small pinch of sugar, the oregano, cumin seeds and some seasoning. Cook for a couple of minutes, then add the chipotle and cook for a few minutes more. Pour in the passata, 100ml water and add the stock. Season and bring to a simmer.

2 Cover with a lid and cook for 40-50 mins, stirring occasionally, until the chicken is tender. Shred the chicken into the sauce using two forks, then stir through the beans. Simmer for 5 mins more, then turn off the heat. Squeeze in the lime juice. *Can be kept chilled for three days and frozen for up to two months. Defrost thoroughly and reheat.* Serve with rice or tortilla wraps, and some coriander, feta, lime wedges and red onion on the side, if you like.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 256 kcals • fat 10g • saturates 2g • carbs 18g • sugars 8g • fibre 7g • protein 19g • salt 0.9g

Shoot director RACHEL BAYLY | Food stylist KATIE MARSHALL | Stylist FAYE WEARS

USING A PRESSURE OR SLOW COOKER?

For a pressure cooker, cook everything except the beans on a medium setting for 20 mins before shredding the chicken and adding the beans. For a slow cooker, cook on low for 6-8 hrs before adding the chicken and beans.

USE LEFTOVER ROAST CHICKEN

Shred any cooked meat from a whole roast chicken and add to the tomato base with the black beans, as in step 2. Heat through until piping hot and serve.

two twists

apple pie

Two members of our cookery team bring you different versions of this autumnal favourite

recipes LIBERTY MENDEZ *and* CASSIE BEST *photograph* HAYLEY BENOIT

A classic apple pie filling spiced with cinnamon and nutmeg is encased in golden shortcrust pastry – made extra crisp and delicious with a sprinkling of demerara sugar.

liberty

For me, there's nothing more nostalgic than a hand-held apple pie. It was always a real treat growing up – the ease of being able to grab a spiced apple pie on the go, still warm and crisp in its little paper sleeve, was a dream. My recipe for individual pies replicates that childhood favourite and they're really quick to make. A sprinkle of demerara sugar on top of the shortcrust pastry makes them incredibly crisp and moreish. I sometimes even wrap them in foil to keep them warm on car journeys for a filling treat on-the-go that doesn't involve queueing at a service station.

Liberty Mendez, recipe developer

cassie

I love any kind of pie, but with two small children running around, I'm always looking for shortcuts that will make recipes easier, and a galette is the simplest way to make a pie. This freeform, flat pie requires no lining of tins and you can be pretty slapdash with the pastry, too. In fact, I've made a version of this pie many times with my four-year-old and can confirm that the pastry does not suffer from a little pummelling. I've used Bramley apples for that authentic apple-pie tartness, but you could use an eating apple for a sweeter taste.

Cassie Best, food director

If you're nervous about making your own pastry, a galette is a simple way to get the feel for it. Because it's freeform, you don't need to be as precise, and the dough is more forgiving.

Apple hand pies

You can make a batch of these and freeze them, uncooked, on a baking tray, then pop into a bag and freeze for up to two months. You can bake them from frozen, too – just add 10 minutes to the cooking time.

MAKES 5 **PREP** 20 mins plus at least 10 mins chilling **COOK** 25 mins **EASY** **V** ❄ uncooked

- 2 cooking apples (we used Bramley), peeled, cored and cut into 3cm chunks
- 50g light brown soft sugar
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- 25g salted butter, cubed
- 320g sheet of ready-rolled shortcrust pastry
- 1 tbsp cornflour
- 1 egg, beaten
- 1 tbsp demerara sugar

1 Tip the apples, brown sugar, cinnamon, nutmeg and butter into a saucepan set over a medium heat and simmer, stirring occasionally for 6-8 mins until the apples are soft. Tip the mixture into a bowl and leave to cool.

2 Meanwhile, unroll the pastry with a short side facing you. Cut in half lengthways so you have two long rectangles, then cut each into five smaller rectangles, so you have 10 in total (they should be 12 x 7cm).

3 Once the spiced apple mixture has cooled, toss with the cornflour. Spoon into the middle of half the pastry rectangles, leaving the remaining five empty. Brush some of the beaten egg over the exposed pastry around the apples, then carefully place the plain pastry rectangles on top of the filling. Press down around the sides so the filling is encased. Crimp the edges using a fork to seal, then use the tip of a knife to lightly cut three lines across the top of the pies so that steam can escape during cooking.

4 Arrange the pies on a baking sheet lined with baking parchment and brush all over with more of the beaten egg. Chill for at least 30 mins in the fridge or 10 mins in the freezer. *At this stage, the pies can be chilled for up to 24 hrs or individually covered and kept frozen for two months.*

5 Heat the oven to 200C/180C fan/gas 6. Brush with more of the beaten egg, sprinkle with the demerara sugar and bake for 15-20 mins, or until the pastry is golden (add another 10 mins if baking from frozen). *Once baked and cooled, will keep in an airtight container at room temperature for up to three days.*

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 454 kcals • fat 25g • saturates 10g • carbs 49g • sugars 22g • fibre 4g • protein 6g • salt 0.5g

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Apple & hazelnut galette

This is a really versatile pie, add a handful of blackberries, swap the hazelnuts for almonds or pecans, or use pears or peaches instead of the apple, if you like. The spelt in the pastry gives it a lovely nutty flavour and texture.

SERVES 10 **PREP** 30 mins plus at least 30 mins chilling **COOK** 55 mins **EASY** **V** ❄

- 50g light brown soft sugar, plus extra for sprinkling
- ½ lemon, zested and juiced
- 1 tbsp cornflour
- 1 tbsp maple syrup
- 3 Bramley apples, peeled, cored, halved and thinly sliced
- 20g hazelnuts, roughly chopped
- double cream, to serve

For the pastry

- 80g hazelnuts
- 2 tbsp icing sugar
- 125g spelt flour
- 175g plain flour, plus extra for dusting
- 150g cold butter, cubed
- 1 egg, beaten

1 First, make the pastry. Blitz the hazelnuts and sugar in a food processor until finely chopped. Add the spelt and plain flours, butter and a good pinch of salt, and blitz again until all of the butter has been incorporated and the mixture is sandy. With the motor running, drizzle in 1-2 tbsp cold water until the dough starts to form in clumps. Squeeze a little between your fingers – if it feels like it will come together, tip the mixture onto your work surface and knead briefly into a ball. Shape into a disc, wrap and chill for 30 mins or overnight.

2 If the pastry has been chilled for longer than 30 mins, let it come to room temperature for 20 mins before rolling. Mix the brown sugar, lemon zest, cornflour and maple syrup together in a large bowl. Add the apples and toss well. Set aside while you roll out the pastry.

3 Heat the oven to 180C/160C fan/gas 4. Dust a sheet of baking parchment large enough to line a large baking tray with flour, then roll the pastry out to a roughly 30cm circle on top of the parchment. The pastry will crack and crumble a little as you roll it, but just keep pushing the edges back together – don't worry if it looks rustic. Slide the pastry on its parchment onto the baking tray. Pile the apple slices into the centre of the pastry circle using your hands, letting any excess syrup drip back into the bowl as you do (save the syrup for later). Be sure to leave a clear 2cm border around the edge. Use the baking parchment to help you lift the edges of the pastry over the apples, leaving the most of the appled exposed. Pinch together any cracks around the edge to make a rustic pastry border.

4 Brush the pastry edge with some beaten egg, sprinkle with a little extra brown sugar and scatter over the hazelnuts. Bake for 50-55 mins until golden brown. Meanwhile, pour any leftover syrup from the apples into a small saucepan and bubble for a few minutes until syrupy. When the galette is cooked and still hot, brush the syrup over the top. Leave to cool for at least 30 mins, then serve warm with cold cream. *Will keep in the fridge for up to two days, or freeze in well-wrapped slices for up to two months.*

PER SERVING 365 kcals • fat 20g • saturates 9g • carbs 39g • sugars 15g • fibre 3g • protein 6g • salt 0.3g

Shoot director JACK HUNTLEY | Food stylist ELLIE MULLIGAN | Stylist ROB MERRETT

Tonight's *special*

recipe CASSIE BEST
photograph HAYLEY BENOIT

Hot, cold, sweet, salty, soft, crunchy and sticky – this salad has it all. Make it for a special dinner for two

Duck & watermelon noodle salad

SERVES 2 **PREP** 20 mins
COOK 1 hr 15 mins **EASY**

- 2 duck legs
- 2 tsp vegetable oil
- 1 tsp five-spice
- 100g flat rice noodles (or 2 nests)
- ¼ small watermelon (about 250g), cut into bite-sized pieces
- small bunch each of mint and coriander, leaves picked
- 1 red chilli, deseeded and sliced

For the dressing

- 2 tbsp honey, plus a drizzle for roasting
- 2 tbsp soy sauce
- 2 tsp black rice vinegar
- 1 tbsp sesame oil
- thumb-sized piece of ginger, peeled and finely grated

1 Heat the oven to 180C/160C fan/gas 4. Put the duck legs on a baking tray and rub with the oil, five-spice and ½ tsp salt, and roast for 1 hr. Meanwhile, mix the dressing ingredients in a bowl and season.

2 Remove the tray from the oven and pour any fat into a mug (save this to make fantastic roast potatoes). Spoon 1 tbsp of the dressing over each duck leg, then drizzle with a little extra honey (about 1 tsp per leg). Return to the oven for another 15 mins, brushing any sticky sauce that drips off the duck back onto the skin after 8-10 mins. Remove from the oven and leave to rest while you prepare the noodles.

3 Boil the kettle and put the noodles in a large bowl. Pour over enough hot water to cover, then leave to stand for 3-5 mins until soft. Drain and run under cold water to cool. Shred the duck meat and skin with two forks – it should easily pull away from the bone. Toss the noodles in any sticky, fatty juices left on the tray used for the duck.

4 Arrange the noodles on a platter. Top with the watermelon, duck, herbs and chilli, pour over the remaining dressing and toss together just before serving.

GOOD TO KNOW vit c • iron • 1 of 5-a-day
PER SERVING 787 kcals • fat 30g • saturates 7g • carbs 75g • sugars 35g • fibre 3g • protein 53g • salt 2.7g

Shoot director JACK HUNTLEY | Food stylist ELLIE MULLIGAN | Stylist ROB MERRETT

reduce waste

use your leftovers

We hate to see food go to waste, which is why we've come up with these ideas for your surplus ingredients

3 WAYS WITH

Harissa ketchup

If you've made the harissa ketchup from page 52, here are more ideas on how to use it.

• Spiced burger sauce

Mix one part harissa ketchup with two parts **mayonnaise**, then spoon over burgers or serve with seafood such as prawns. Try it with our meatloaf burgers, pictured below (find the recipe on *bbcgoodfoodme.com*).

• Homemade harissa hummus

Blitz a **400g can chickpeas**, drained and rinsed, with harissa ketchup and **olive oil** for a quick dip that's great with vegetable crudités or tortilla chips.

• Harissa BBQ glaze

Brush the harissa ketchup over meat, fish or vegetables a few minutes before the end of cooking on a barbecue, or grill, to give them a sticky glaze.

MIDWEEK MAGIC

Transform basic ingredients that you may have in stock

MAKE MORE OF
spring onions

Champ

Mash potatoes with **butter**, **a splash of milk** and seasoning, then stir through sliced spring onions. Serve as a side dish with pies or casseroles.

Cheese & onion omelette

Fold spring onions and **grated cheese** through **beaten eggs** before frying for a quick omelette for one.

Soy dressing

Fry chopped spring onions in hot oil with chopped **ginger** and sliced **red chilli**. Leave to cool, then add **soy sauce** to taste. Use as a **dipping sauce** or **dressing**.

Charred spring onions

Rub with **olive oil**, then barbecue or griddle until lightly charred. Serve as a side or roughly chop and toss through a salad.

HOW TO USE
tahini

A little tahini goes a long way but the excess keeps well in the fridge once you've opened the jar. Then you can try these ideas.

- **Tahini brownies** Tahini can be rippled through **brownie batter** before baking or added to buttercream to top cakes.
- **Tahini dressing** Stir some through a **salad dressing** to make it thick and creamy.
- **Sesame noodles** Stir tahini through cooked **instant noodles**. Scatter over sliced **spring onions**.
- **Quick slaw** Mix some tahini with **mayo, miso** and **white wine vinegar**. Toss through **shredded cabbage** and **grated carrot**.

WHAT TO DO WITH
pittas

Spiced pitta crisps

Open **2 pittas** and cut each into strips. Scatter over a baking sheet and drizzle with **2 tbsp olive oil**, then season with **1 tsp cumin seeds** and **½ tsp dried chilli flakes**. Bake in the oven at 180C/160C fan/gas 4 for 10 mins until crispy. *Will keep in an airtight container for up to two days.*

Pitta pocket toasties

Halve **1 pitta** widthways and open into two pockets. Fill each with a small **handful of grated cheese** and any other ingredients you want, then put in the toaster, cut-side up, until toasted and the cheese has melted.

Easy garlic pitta bread

Put **2 pittas** on a baking tray and finely grate **1 garlic clove** over each. Slather each in a **large knob of softened butter** and bake in the oven at 180C/160C fan for 8-10 mins until the butter has melted. Cut into strips and serve.

BBC goodfood & SUSTAINABILITY

At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

PROTECTED DESIGNATION OF ORIGIN
PROTECTED GEOGRAPHICAL INDICATION
•ORGANIC•
KROKOS KOZANIS
Greek Red Saffron
Greek
Red Saffron
Filaments
1g
PDO
THE GOLDEN SPICE OF GREECE
Topalovani
Plum "Magiun"
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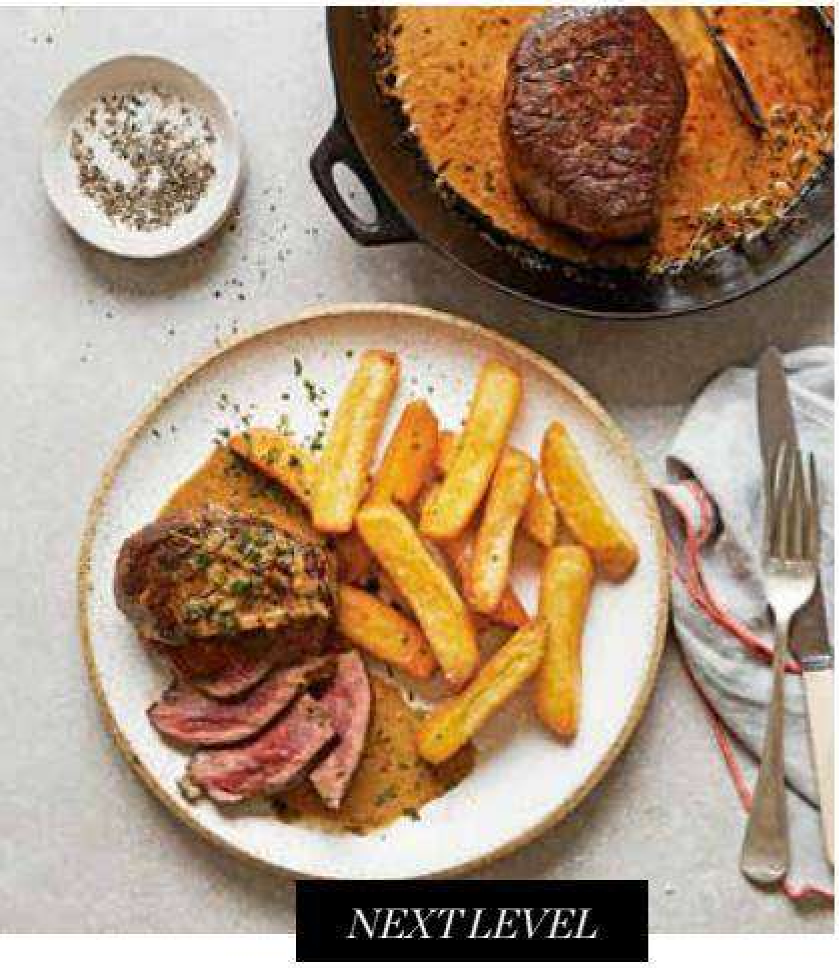
WEEKEND

Mouthwatering dishes to dig into with your family and friends

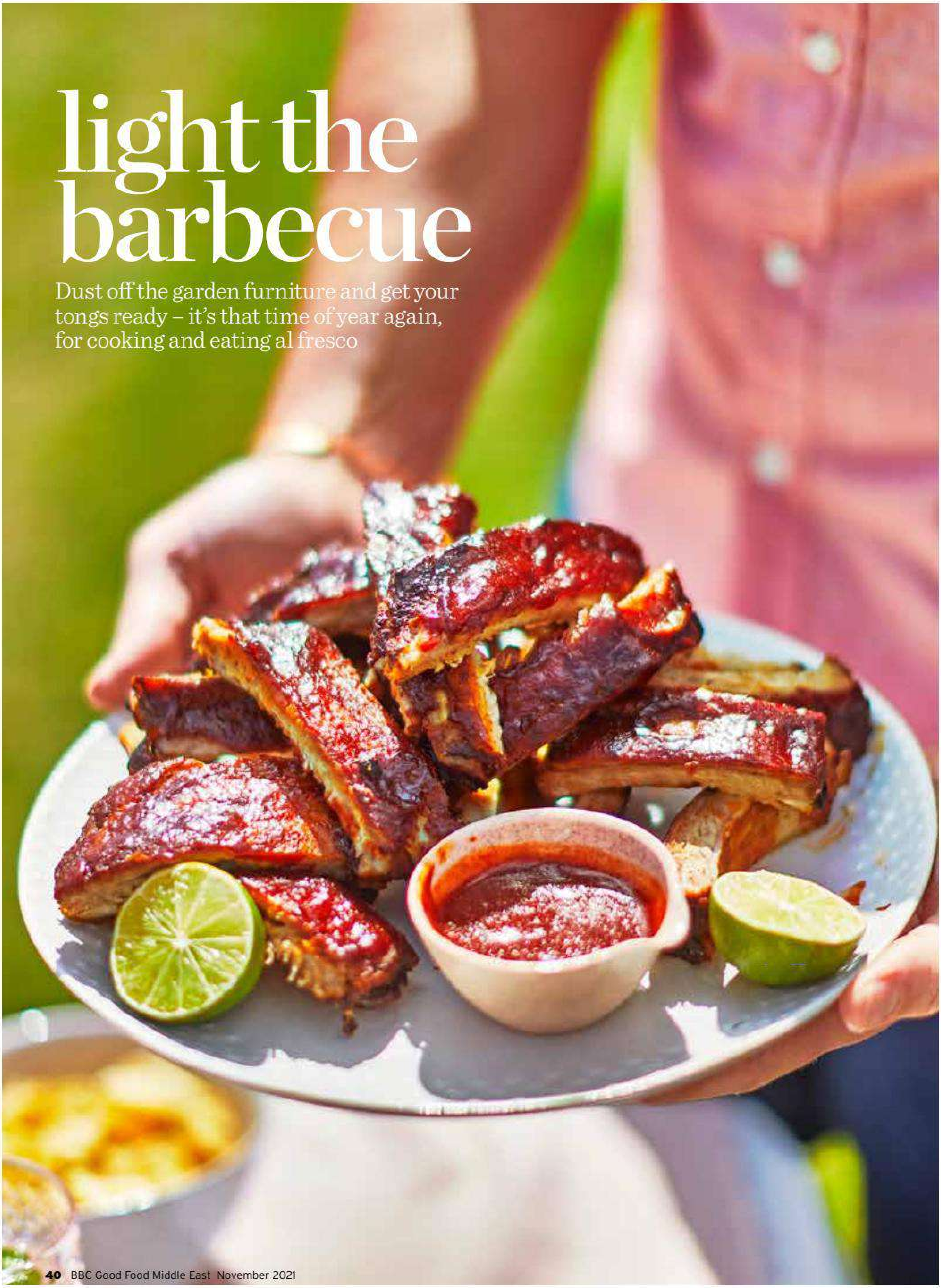
NEW WAYS WITH SPICE, **p51**



NEXT LEVEL

Steak Diane, p62

LIGHT UP THE BARBECUE, p40



light the barbecue

Dust off the garden furniture and get your tongs ready – it's that time of year again, for cooking and eating al fresco

Fall-off-the-bone sticky barbecue ribs

I've never understood the logic behind rib recipes that require boiling or steaming the ribs before glazing them. Here, I've created a method of cooking them in what becomes the sauce, which takes on plenty of flavour from the meat juices. Ribs are my family's favourite barbecue meat, and the beauty of this recipe is that most of the work is done in the oven. All you need to do on the barbecue is the glaze, so even a small barbecue will do. As most of the work is done ahead, this can be easily packed and transported for finishing outdoors. **Barney Desmazery**

SERVES 6-8 **PREP** 30 mins plus optional marinating **COOK** 3 hrs
EASY

- 4 racks of baby back pork ribs or other whole racks (about 450g each)
- 5 tbsp cider vinegar
- 2 tbsp smoked paprika
- 4 tbsp light brown soft sugar
- 1 tbsp garlic granules
- 1 tbsp onion granules
- 1 tbsp Chinese five-spice powder
- 300g tomato ketchup
- 2 tbsp honey
- 1 tbsp soy sauce
- 1 tbsp Dijon mustard
- 300ml apple juice

1 If there's a thin membrane on the back of the ribs, peel this off as best you can. The length of the ribs will be determined by the size of your roasting tin and barbecue – leave them whole or cut in half or thirds. Tip the ribs into a large, deep roasting tin. Whisk the rest of the ingredients together in a bowl until completely combined, then pour this over the ribs. Toss the ribs in the sauce using your hands to ensure they're completely coated. Cover the tin with foil, shiny-side down. To cook straightaway, simply leave to marinate while the oven heats up, or chill the ribs overnight.

2 Heat the oven to 160C/140C fan/gas 3 and bake the ribs for 2 hrs 30 mins-3 hrs, turning once or twice until the bones are exposed and the meat is pull-apart tender. When the ribs are cooked, leave to cool a little, then lift onto a tray using tongs. Pour the sauce from the tin into a saucepan and bring to the boil. Reduce the heat and simmer for 25-30 mins, stirring occasionally until thickened. Leave to cool. *The sauce and ribs can be prepared up to two days ahead and chilled.*

3 Light the barbecue and wait until the coals are ashen, or set a gas barbecue to medium. Put as many ribs on the grill as you can fit, then brush generously with the sauce. Working quickly, grill the ribs, basting with more sauce and turning every minute or so until the ribs are well-coated, charred at the edges, caramelised and sticky. Repeat with any remaining ribs and sauce if they didn't all fit on the grill at once. Serve piled high on a platter with the reserved sauce on the side for slathering on top. *Any leftover sauce will keep chilled in the fridge for up to a week.*

PER SERVING (8) 363 kcals • fat 18g • saturates 5g • carbs 33g • sugars 32g • fibre 2g • protein 17g • salt 2.7g

TWIST IT – THREE MORE IDEAS

We've kept the spice level on these ribs family-friendly, but with a few tweaks, you can easily change the flavour. For all these ideas, the oven and barbecue cooking times stay the same as above, but taste the sauce for seasoning as it reduces.

● *SPICY GINGER RIBS*

*Omit the paprika and add **2 tbsp hoisin sauce**, a **finely grated piece of ginger** and an extra **1 tsp Chinese five-spice powder**. Swap the apple juice for **100ml rice vinegar or non-alcoholic sherry**. Scatter the ribs with sea salt, **crushed Sichuan peppercorns** and **toasted sesame seeds**.*

● *SMOKY CHIPOTLE RIBS*

*For deep, smoky heat, add **1 tbsp chipotle paste**, swap the Chinese five-spice powder for **1 tsp each ground cumin**, **ground coriander** and **dried oregano**, and add the **juice of 1 lime**. Serve the ribs with lime wedges and a sprinkling of **coriander leaves**.*

● *EXTRA-HOT RIBS*

*Swap out some of the ketchup for **sriracha** to taste. We don't recommend going higher than equal parts ketchup and sriracha, but it's up to you. Scatter the cooked ribs with **chopped red chillies**, if you like.*

Buffalo chicken burgers & ranch slaw

Marinating chicken thighs overnight before cooking on the barbecue is one of the tastiest ways to enjoy them. The chicken is succulent and well-seasoned, and the marinade becomes sticky and caramelised on the grill. I make a buffalo sauce to go on mine, which, when eaten against the cool ranch slaw, is delicious. **Esther Clark**

SERVES 4 **PREP** 20 mins plus overnight chilling
COOK 20 mins **EASY**

- 8 boneless, skinless chicken thighs
- 100ml buffalo hot sauce
- 2 tsp sweet smoked paprika
- 3 tbsp maple syrup
- 1 tbsp white vinegar
- 1½ tsp garlic granules
- 30g butter, melted and cooled
- 4 slices monterey jack cheese, cut in half
- 4 brioche burger buns, split

For the slaw

- 1 pointed spring cabbage, finely sliced
- 1 small red onion, thinly sliced
- 2 celery sticks, finely chopped
- 50g mayonnaise
- 50g soured cream
- 1 tbsp white vinegar
- ¼ bunch of chives, finely sliced

1 Tip the chicken into a large bowl. Mix the hot sauce with the paprika, maple syrup, vinegar, garlic granules and butter in a separate bowl. Pour this over the chicken, toss, cover and chill overnight.

2 The next day, make the ranch slaw. Tip the cabbage, onion, celery, mayonnaise, soured cream, vinegar and chives into a medium bowl, then season to taste and mix until everything is well-combined.

3 Light the barbecue. When the coals are ashen, put the chicken on the grill and cook for 8 mins on each side, basting with the leftover marinade as you go. Alternatively, cook the chicken under a hot grill for 8-10 mins on each side, basting with the marinade. When the chicken is cooked through, put half a slice of cheese on each piece and leave to melt for 1 min. Put two chicken thighs on the base of each bun, spoon over some slaw and sandwich with the bun tops.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day
PER SERVING 744 kcals • fat 41g • saturates 16g • carbs 52g • sugars 19g • fibre 5g • protein 39g • salt 2.3g

Shredded charred corn salad

Sriracha & lime potato salad

Shredded charred corn salad

While the barbecue is fired up, throw on some corn cobs to add a smoky, sweet flavour to your salad. Strip it off the cob and stir it into a sweet, salty, sharp onion and cabbage salad for a refreshing summer side. **Liberty Mendez**

SERVES 6 **PREP** 20 mins
COOK 10 mins **EASY** **V**

- ½ small white cabbage, finely shredded
- 2 carrots, grated
- 1 red onion, halved and finely sliced
- 3 tbsp cider vinegar
- 1 tsp caster sugar
- 4 corn cobs
- 1 tbsp wholegrain mustard

1 Tip the cabbage, carrots and onion into a bowl. Season with salt, then add the vinegar and sugar, and toss to combine. Leave for 20 mins for the vegetables to very lightly pickle.

2 Meanwhile, cook the corn on a hot barbecue or griddle pan for 4-5 mins on both sides until the kernels have darkened and charred slightly. Set aside to cool. Once cool, hold the cobs upright on a board and strip off the kernels in long downward strips using a sharp knife.

3 Stir the mustard and half the corn into the salad and taste for seasoning, adding more salt and pepper if needed. Serve topped with the remaining corn.

GOOD TO KNOW vegan • healthy • low fat • vit c • 1 of 5-a-day • gluten free

PER SERVING 71 kcals • fat 2g • saturates none • carbs 10g • sugars 7g • fibre 4g • protein 3g • salt 0.2g

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Sriracha & lime potato salad

Jazz up your usual potato salad with a spicy sriracha and zingy lime dressing. It's a lively addition to any barbecue. **Liberty Mendez**

SERVES 4-6 as a side **PREP** 10 mins
COOK 15 mins **EASY** **V**

- 750g new potatoes, halved if large
- 80g mayonnaise
- 50g soured cream
- 2 tbsp sriracha
- 1 lime, zested and juiced
- 1 tsp honey
- 6 spring onions, finely sliced
- ½ small bunch of coriander, finely chopped
- ½ tsp chilli flakes (optional)

1 Tip the potatoes into a large pan of cold salted water. Bring to the boil, then reduce the heat and simmer for 15-18 mins until tender. Drain and leave to cool completely.

2 Whisk the mayonnaise with the soured cream, sriracha, lime zest and juice, the honey, half the spring onions, most of the coriander and some seasoning.

3 Toss the cooled potatoes with the sriracha-mayonnaise mixture until all the potatoes are coated. Tip into a serving bowl and scatter over the remaining spring onions, the rest of the coriander and chilli flakes, if you like.

GOOD TO KNOW healthy • vit c

PER SERVING (6) 205 kcals • fat 12g • saturates 2g • carbs 20g • sugars 4g • fibre 2g • protein 3g • salt 0.4g

Peach panna cotta trifle

Combine the best of two brilliant desserts for this stunning centrepiece: creamy panna cotta and the great British trifle. We've given it a summery feel by using peaches poached in cardamom and orange blossom water, then layered them up with soft madeira sponge and cool custard. **Cassie Best**

SERVES 12-14 **PREP** 1 hr 10 mins plus 5 hrs chilling and cooling **COOK** 35 mins
MORE EFFORT

900ml double cream
150g caster sugar
1½ tsp vanilla extract
6 gelatine leaves
400g natural Greek-style yogurt
12 ripe peaches or nectarines
3 tbsp honey, plus a drizzle
10 cardamom pods
2 oranges, juiced
2 tsp orange blossom water (optional)
1 small madeira loaf (about 275g)
500g shop-bought fresh custard
2 tbsp icing sugar
handful of pistachios, roughly chopped
honeycomb, to garnish (optional; see recipe, right)

1 Start the trifle the day before you want to serve it. Pour 600ml of the cream into a saucepan along with 75g of the caster sugar and the vanilla. Warm gently over a low heat until steaming, then remove from the heat. Meanwhile, soak three of the gelatine leaves in a bowl of cold water for 5 mins until softened. Make sure to drop the gelatine leaves into the water one by one to prevent sticking.

2 When the gelatine leaves are soft, squeeze out the excess water and add to the warm cream mixture, whisking until the gelatine has dissolved. Whisk in half the yogurt – the mixture will start to thicken as the yogurt cools the cream. Pour the panna cotta mixture into a trifle bowl (ours was 20cm in diameter and 15cm deep). Chill for at least 2 hrs until the panna cotta has set.

3 Meanwhile, halve 10 of the peaches and remove the stones. Arrange the peaches cut-side up in a saucepan. Tip in the honey, cardamom pods, orange juice, orange blossom water (if using) and 75g caster sugar, then pour over enough water to just cover the peaches. Cut a circle of baking parchment to fit neatly over the peaches and place it directly on the surface of the liquid to stop the peaches from bobbing around too much as they cook. Bring to a gentle simmer and cook for 20-30 mins until the peaches are soft enough to squash against the side of the pan with a spoon (the timing will depend on the firmness of the fruit). Leave to cool in the syrup.

4 When the peaches have cooled, scoop onto a plate using a slotted spoon. Slip off the skins and discard them. Strain the peach syrup into a measuring jug – you should have about 600ml, but top up with orange juice if needed. *If you have more than 600ml, you can keep the excess in an airtight container in the fridge for up to a week to use in drinks.*

5 Warm the peach syrup in a saucepan over a low heat or the microwave until just steaming. Meanwhile, soak the remaining three gelatine leaves in cold water for 5 mins until soft. Squeeze any excess water from the gelatine, then stir into the hot syrup until dissolved. Set aside to cool until just warm.

6 Cut the madeira loaf into 2-3cm cubes and arrange over the panna cotta layer in the trifle bowl. Pour over the peach syrup and chill for another 1-2 hrs, or until the syrup has set into a jelly.

7 Arrange the poached peaches over the jelly layer, placing any pretty coral-pink pieces against the glass side. Pour the custard over the peaches, then chill until you're ready to serve – we recommend chilling for at least 2 hrs, but it can also be chilled overnight to get ahead.

8 When you're ready to serve, beat the remaining 300ml double cream with the icing sugar to soft peaks using an electric whisk. Swirl though the remaining yogurt. Spoon the cream mixture over the custard layer, starting around the edge of the bowl, then filling in the middle. Halve, stone and finely slice the remaining two peaches, then arrange the slices on top and drizzle with some honey. Sprinkle over the chopped pistachios and nestle in shards of honeycomb, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING (14) 587 kcals • fat 42g • saturates 26g • carbs 43g • sugars 38g • fibre 2g • protein 7g • salt 0.3g

Honeycomb

MAKES about 15 shards **PREP** 5 mins plus 1 hr cooling **COOK** 10 mins **EASY V**

vegetable oil, for the tin
200g caster sugar
5 tbsp golden syrup
2 tsp bicarbonate of soda

1 Oil a 20cm square tin and line with baking parchment. Combine the caster sugar and golden syrup in a deep saucepan over a low heat until the sugar has dissolved, about 5 mins. Try not to let the mixture bubble until the sugar grains have dissolved.

2 Once the sugar has completely dissolved, turn up the heat slightly and simmer until you have an amber-coloured caramel (watch carefully, as this won't take long). As quickly as you can, remove the pan from the heat, tip in the bicarbonate of soda and beat with a wooden spoon until all the bicarb has disappeared and the mixture is foaming. Immediately scrape into the prepared tin, but be careful, as it will be very hot.

3 The mixture will continue bubbling in the tin. Leave for 1 hr-1 hr 30 mins until the honeycomb has hardened, then break into chunks or shards.

GOOD TO KNOW vegan • low fat • gluten free
PER SERVING 73 kcals • fat none • saturates none • carbs 18g • sugars 18g • fibre none • protein none • salt 0.4g

Cream of Europe

Rise to the top
with French Cream

RASPBERRY PAVLOVA

by Claire Heitzler

USING FRENCH CREAM

"French dairy cream brings lightness to all my preparations, it is smooth, foamy and it enhances the other ingredients in my recipes"

INGREDIENTS

Meringue

100g egg whites
100g sugar
100g icing sugar

Vanilla Chantilly

250g european cream 35%
25g sugar
1/2 vanilla pod

To finish

1 lime
500g raspberries
20g sugar

APPLIANCES

Pipping bags
Whisk
Oven

PROCEDURE

Meringue

1. Beat the egg whites until stiff and gradually whisk in the sugar. Then add the icing sugar with a maryse. Pipe meringue into a flower shape and cook it for 10 min at 100 degrees, then for 1 hour at 80 degrees.

Vanilla Chantilly

2. Cut the vanilla pod in two and peel it in the cream. Gradually whisk in the sugar.

To finish

3. Squeeze half of the raspberries with the sugar to obtain a marmalade. Fill the bottom of the meringue flower with marmalade. Add the fresh raspberries and lay a beautiful rose window with chantilly. Peel lime zestes on the top of the pavlova.

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New ways with spice

We all have a go-to spice for pepping up recipes – here, we've elevated a few of our favourite dishes with spice-rack staples and exciting new blends. From comforting mac 'n' cheese to squidgy caramel brownies, simple dishes are transformed. Just remember, for the best flavour, use spices that are less than six months old

recipes GOOD FOOD TEAM *photographs* KAREN THOMAS

Merguez sausage baps & harissa ketchup

North African merguez sausages are made with lamb and richly spiced with chilli, cumin and fennel. They're irresistible topped with a crispy fried egg and served in a soft bap alongside smoky homemade ketchup – a riff on a classic breakfast bap. If you can't get hold of merguez, try using another spiced sausage, such as a good-quality cooking chorizo.

SERVES 4 **PREP** 20 mins
COOK 1 hr **EASY**

- 8 merguez sausages
- 2 tbsp vegetable oil
- 4 eggs
- 4 crusty white baps
- chopped parsley and chilli flakes, to serve (optional)

For the harissa ketchup

- 3 tbsp olive oil
- 2 red onions, chopped
- 2 celery sticks, roughly chopped
- 2 large garlic cloves, chopped
- 2 tsp coriander seeds, crushed
- 2 tsp fennel seeds, crushed
- ½ tsp ras el hanout
- 1-2 tbsp rose harissa
- 2 x 400g cans chopped tomatoes
- 80g light brown soft sugar
- 80ml balsamic vinegar

1 First, make the harissa ketchup. Heat the oil in a large, heavy-based saucepan over a medium heat and fry the onions and celery with a pinch of salt for 10 mins until softened. Add the garlic, coriander seeds, fennel seeds and ras el hanout, and fry for 2 mins more. Stir in the harissa, tomatoes and 300ml water. Bring to a simmer and cook, uncovered, for around 15-20 mins, stirring often until the mixture is reduced and thickened. Remove from the heat, tip into a food processor and blitz until smooth. Or, use a hand blender. Sieve through a fine mesh sieve into a clean saucepan to remove any seeds, then add the sugar and vinegar and simmer uncovered for 10-15 mins, stirring often until saucy and shiny. Season well. Pour into a 500ml sterilised bottle or jar and leave to cool completely. *Will keep in the fridge for up to two weeks.*

2 Curl the sausages into a spiral shape and secure with a wooden skewer, if you like (or leave as they are). Fry in batches over a medium-high heat in half the vegetable oil for 5 mins on each side until golden brown and cooked through. Remove to a plate. Fry the eggs in the rest of the oil until golden and crisp at the edges. Split the baps and spread the bases with some of the harissa ketchup, then top each with two sausages, a fried egg, some parsley and chilli flakes, if using. Sandwich with the tops of the baps and serve.

PER SERVING 536 kcals • fat 31g • saturates 9g • carbs 38g • sugars 6g • fibre 4g • protein 25g • salt 2.1g

USE THE LEFTOVERS

● **MERGUEZ SAUSAGES**
Chop any leftover sausage and scatter over homemade pizza or add to a spicy tomato pasta sauce. They're also great for cooking on a barbecue and simply eating for lunch or brunch in leftover baps.

● **HARISSA BAKED BEANS**
For pepped-up baked beans, fry ***1 chopped onion*** *in* ***2 tbsp olive oil*** *for 10 mins until golden and caramelised. Add* ***1 crushed garlic clove*** *and fry for another minute. Stir through a* ***400g can of cannellini beans****, drained, a* ***400g can chopped tomatoes****,* ***1 tsp sugar*** *and* ***3 tbsp of the harissa ketchup****. Simmer for 10 mins, then season and serve on chunky slices of buttered toast or alongside a cooked breakfast.*

One-pot spiced roast chicken

A classic roast chicken is a real thing of beauty, but there's plenty of room for experimentation. This one-pot version is both easy and delicious. The chicken is stuffed with a spiced butter and cooked until crisp, then surrounded by a creamy, tikka-inspired sauce before being topped with punchy green chutney. Ditch the takeaway or long-winded roast dinner and mounds of washing-up – this all-in-one crowd-pleaser is a winner.

SERVES 4-6 **PREP** 30 mins
COOK 1 hr 40 mins **MORE EFFORT**

2 tbsp ghee or butter, softened
1 medium chicken (about 1.6kg)
cooked pilau rice and naans, to serve (optional)

For the spice mix
1 tsp ground cumin
1 tsp ground coriander
1 tsp garam masala
1 tsp smoked paprika
1½ tsp ground turmeric

For the sauce
1 onion, chopped
4 large garlic cloves
1-2 red chillies, chopped, plus extra sliced chillies to serve
1 large thumb-sized piece of ginger, peeled and chopped
1 tbsp sunflower oil
2 tbsp ghee or butter
2 x 400g cans chopped tomatoes, blitzed in a food processor until smooth
2 tsp light brown soft sugar
3-4 tbsp double cream

For the chutney
30g cashew nuts, toasted and chopped
small bunch of coriander, plus extra leaves to serve
small bunch of mint
1 lemon, juiced
½ tsp sugar
70ml olive oil

1 Heat the oven to 200C/180C fan/gas 6. If you're making the spice mix, combine all the ingredients and set aside. For the sauce, tip the onion, garlic, chilli and ginger into a food processor and blitz until smooth. Heat the oil and ghee or butter in a large frying pan over a medium heat and fry the spiced onion purée with a pinch of salt for 12 mins. Add 2 tbsp of the spice mix, turn up the heat to high and cook for 1 min. Tip in the tomatoes, sugar and 250ml water. Bring to a simmer. Season well with salt and turn off the heat.

2 To prepare the chicken, put the remaining spice mix in a bowl with 1 tsp sea salt and the ghee or butter, and mash together. Push two-thirds of the spiced butter beneath the skin of the chicken breasts, then rub the rest over the outside of the breasts and legs. Season the chicken skin with 1 tsp sea salt and tie the legs together. Sit the chicken in a 28-30cm pan, shallow casserole or roasting tin and pour the sauce around the bird. Cover the chicken with foil and roast for 40 mins, then remove the foil and roast for another 30-40 mins, or until cooked through (when you cut into one of the legs, the juices should run clear). Stir the double cream into the sauce. Taste for seasoning and leave to rest, uncovered, for 10 mins.

3 Make the chutney by blitzing all the ingredients together in a food processor until coarse. Season to taste.

4 Top the chicken with some extra sliced chillies and coriander leaves, then serve with the chutney, pilau rice and naan, if you like.

GOOD TO KNOW vit c • 2 of 5-a-day • gluten free
PER SERVING (6) 649 kcals • fat 50g • saturates 18g • carbs 11g • sugars 9g • fibre 3g • protein 37g • salt 1.9g

LEFTOVERS

- *Shred any leftover chicken and stir into the sauce to reheat the next day. Or, pile into sandwiches with mango chutney or any leftover green chutney, yogurt and coriander.*

gf tips

• CHICKEN THIGHS
If you don't fancy cooking a whole chicken, stuff the spiced butter under the skin of bone-in chicken thighs instead. Roast in the sauce for 45 mins, or until cooked through.

• PLANT-BASED ALTERNATIVES
For veggies or vegans, marinate a selection of root vegetables or paneer in the spice mix, then cook in the sauce in place of the chicken.

Spiced crab mac 'n' cheese

Old Bay seasoning is an iconic spice blend from Baltimore, Maryland in the US where it's popularly used on seafood, especially crab and shrimp. The full recipe is closely guarded, but it contains 18 herbs and spices, including paprika, celery salt, pepper and mustard. In this crab mac 'n' cheese, the fragrant blend balances the sweetness from the crab. Use fresh picked crab for a special occasion, but canned crab also works well for a quick family dinner.

SERVES 4-6 **PREP** 25 mins
COOK 45 mins **EASY** ❄

- 50g butter
- 6 spring onions, thinly sliced, white and green parts separated
- 1 tbsp Old Bay seasoning (available online, or see recipe, below right)
- 1 tsp smoked paprika, plus a pinch
- 1 tbsp tomato purée
- 50g plain flour
- 750-800ml whole milk
- 350g macaroni or penne
- 150g mature cheddar, grated
- 50g parmesan, grated
- 2 tsp Dijon mustard
- 200g crabmeat (use a mixture of white and brown)
- 40g fresh breadcrumbs

1 Melt the butter in a large pan over a low heat and sizzle the whites of the spring onions, the Old Bay seasoning and the paprika until the butter is foamy and aromatic. Stir in the tomato purée and flour until the ingredients form a paste. Cook for another minute or two to toast the flour a little, then turn the heat up to low-medium and add the milk, a little at a time, whisking well until you have a smooth, thick sauce (you may not need all the milk).

2 Meanwhile, bring a large pan of salted water to the boil and cook the pasta following pack instructions, then drain and set aside.

3 Stir the cheddar, half of the parmesan, the mustard and crabmeat into the sauce. Check the seasoning – the Old Bay spice mix is salty and spicy, so you may not need to add much salt or pepper. Tip in the cooked pasta and mix well. Pour into a baking dish (ours was 25 x 30cm and 7cm deep). Combine the breadcrumbs, remaining parmesan, the green parts of the spring onions and a pinch of paprika in a bowl, then scatter over the dish. *At this stage, the mac 'n' cheese can be cooled completely and chilled overnight, or frozen, well covered, for two months. Defrost in the fridge overnight before baking.*

4 To cook, heat the oven to 200C/180C fan/gas 6. Bake the mac 'n' cheese for 25 mins (add another 10 mins if cooking from chilled) until the topping is golden and crunchy and the sauce is bubbling at the edges.

GOOD TO KNOW calcium
PER SERVING (6) 561 kcals • fat 25g • saturates 15g • carbs 53g • sugars 7g • fibre 4g • protein 28g • salt 1.9g

Seafood spice blend

While this blend doesn't contain 18 ingredients, it does pack a huge flavour punch. If you're using whole spices, grind them to a powder along with the bay leaves, before combining. This will keep in a sealed container at room temperature for up to a month.

MAKES about 50g **PREP** 5 mins
NO COOK EASY V

Combine **1½ tbsp sweet smoked paprika**, **1 tbsp celery salt**, **1 tsp English mustard powder**, **½ tsp ground white pepper**, **¼ tsp ground ginger**, **¼ tsp ground cinnamon**, **¼ tsp grated nutmeg**, **¼ tsp allspice**, **4 dried bay leaves**, ground, and a **pinch of ground cloves** in a small bowl.

GOOD TO KNOW vegan • gluten free
PER TSP 6 kcals • fat 0.3g • saturates 0.1g • carbs 0.2g • sugars 0.1g • fibre 0.5g • protein 0.3g • salt 0.9g

MORE IDEAS

You can use Old Bay seasoning or your homemade spice mix in plenty more dishes:

- **CRAB CAKES** *Add a little of the spice blend to your crab cake mix, with spring onions and lemon zest.*
- **SEAFOOD CHOWDER** *Make a spicy version of your favourite chowder with the addition of this spice blend, to taste.*
- **PRAWN COCKTAIL** *Add a good pinch of the spice blend to the sauce and sprinkle some on top, too.*
- **POPCORN** *Sizzle the spice blend in butter, then drizzle over hot popcorn, then sprinkle with salt and sugar, and shake.*

One-pan carrot & cumin soup

Sometimes the simplicity of a comforting bowl of soup is all you need. For a velvety texture, and to carry the flavours of warming cumin and star anise here, we've used double cream. To make it more of a meal, we've paired it with cheesy onion-seed-speckled muffins for dunking.

SERVES 6 **PREP** 20 mins
COOK 30 mins **EASY** V ❄

- 25g butter
- 2 tbsp cumin seeds, plus extra to serve
- 1 onion, finely chopped
- 1 leek, green part trimmed away, finely chopped
- 2 garlic cloves, chopped
- 1 star anise
- 600g carrots, chopped
- 1 litre vegetable stock
- 100ml double cream

1 Heat the butter in a deep saucepan over a medium heat until just starting to sizzle, then fry the cumin seeds until toasted and crackling.
2 Add the onion, leek, garlic, star anise, carrots and a pinch of salt. Stir to coat. Cover, reduce the heat to low and cook gently for 15-20 mins, stirring occasionally until the vegetables have softened in their own steam.

3 Pour over the stock and bring the mixture to a simmer, then continue to cook for 10 mins until the carrots are tender. Spoon 2 tbsp of the cream into a small dish and set aside, then pour the rest into the pan and bring back to the boil. Remove the star anise and use a hand blender to blitz the mixture until smooth and silky. Or, tip into a standard blender in batches and blitz before returning to the pan. For a really smooth soup, push through a sieve into a saucepan. *At this stage, the soup can be cooled completely and chilled for up to three days or frozen for six months. Defrost fully before reheating.* Reheat until piping hot over a low heat, then pour into bowls, drizzle with the reserved cream and scatter the extra cumin seeds on top. Serve with the muffins (below), if you like.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 185 kcals • fat 14g • saturates 8g • carbs 10g • sugars 8g • fibre 5g • protein 3g • salt 0.6g

gf tip
CHANGE UP THE VEG
You can swap the carrots in this recipe for the same amount of other veg, following the same method. Squash or pumpkin, celeriac or sweet potatoes all work well, or you can use a mixture to use up odds and ends in your kitchen.

Cheese, cumin & onion seed cornbread muffins

MAKES 12 **PREP** 20 mins
COOK 20 mins **EASY** V

- 100ml sunflower oil, plus extra for the tin
- 200g self-raising flour
- 100g polenta or cornmeal
- ½ tsp bicarbonate of soda
- ½ tsp each mustard powder and cayenne pepper
- 1 tbsp each cumin seeds and onion seeds
- 200ml milk
- 2 eggs, beaten
- 50g extra-mature cheddar, grated
- 25g parmesan, finely grated

1 Heat the oven to 200C/180C fan/gas 6 and oil a 12-hole muffin tin. Tip the flour, polenta, bicarb, mustard powder, cayenne and 2 tsp each of the cumin and onion seeds into a bowl with a large pinch of salt. Whisk the oil, milk and eggs together in a jug and pour over the dry ingredients. Beat everything together until smooth. Stir through all but a handful of both cheeses, then divide the mixture between the holes in the tin. Combine the rest of the cheese, cumin and onion seeds and scatter this over the tops.

2 Bake the muffins for 20-22 mins until puffed up and golden. Leave to cool for 10 mins in the tin, then transfer to a wire rack to cool completely. *Best eaten on the day, but will keep in an airtight container for two days.*

PER SERVING 219 kcals • fat 13g • saturates 3g • carbs 19g • sugars 1g • fibre 1g • protein 6g • salt 0.5g

Chai caramel chocolate brownies

It's always exciting when anything baked with chai spices appears in coffee shops, as it means autumn is around the corner. These moreish chocolate brownies are swirled with caramel that's flavoured with chai spices – a delightful treat to welcome the new season.

SERVES 16 **PREP** 25 mins
COOK 30 mins **EASY** **V**

200g salted butter, plus extra for the tin
200g dark chocolate, roughly chopped
3 eggs
200g caster sugar
100g plain flour
40g cocoa powder
½ tbsp sea salt flakes

For the chai caramel
1 tsp cardamom pods, seeds crushed
¼ tsp allspice
1 tsp ground cinnamon
¼ tsp ground cloves
½ tsp ground ginger
200g canned caramel

1 Heat the oven to 180C/160C fan/gas 4. Butter a 20cm square cake tin and line with two strips of baking parchment. Melt the butter and chocolate in a heatproof bowl over a pan of simmering water (ensuring the bowl doesn't touch the water) or in 20-second bursts in the microwave. Leave to cool slightly.

2 For the chai caramel, mix all the ingredients together in a bowl until the caramel has loosened.

3 Put the eggs and sugar in the bowl of a stand mixer fitted with the whisk attachment and beat for around 5 mins until pale and thick. Alternatively, do this using an electric whisk. Fold in the slightly cooled melted chocolate mixture using a spatula and, when fully combined, add the flour and cocoa powder. Mix until everything is combined and there are no streaks of flour. Pour into the prepared tin, drizzle over the chai caramel and gently swirl into the batter using a teaspoon.

4 Bake for 25-30 mins until the brownies are set at the edges with a slight wobble in the middle. If the brownies wobble a lot, they're not done – bake for another 5 mins until the top has a shiny, papery crust and the sides are just beginning to come away from the tin. Leave to cool completely in the tin, then remove and slice into 16 squares to serve. *Will keep in an airtight container for up to three days.*

PER SERVING 298 kcals • fat 18g • saturates 10g • carbs 30g • sugars 24g • fibre 2g • protein 4g • salt 0.8g

gf tips

• CHAI SPICE MIX
Make a double batch of the chai spice mix (simply omit the caramel) to muddle into milk and use in a chai latte.

• CHAI CARAMEL
If you double the quantities for the chai caramel, you can keep the leftovers in an airtight container in the fridge for a week. Drizzle over ice cream, fruit pies or crumbles, or use as a sauce to pour over sticky toffee pudding.

Shoot directors BEN CURTIS, SARAH SNELLING | Food stylist ESTHER CLARK | Stylist LYDIA MCPHERSON

NEXT LEVEL

Steak Diane

recipe BARNEY DESMAZERY *photograph* YUKI SUGIURA

SERVES 2 **PREP** 10 mins **COOK** 15 mins **MORE EFFORT**

WHY

The original one-pan wonder, steak diane was invented to wow diners with tableside theatrics. The finer details of its preparation can be a point of contention among chefs who have different interpretations that combine the method with other steak hits from the past, like steak au poivre (pepper-crusted) or steak forestière (with mushrooms). We've kept the ingredients traditional, but we're pan-frying the steak differently to cook it as evenly as possible. This is à la minute cooking – where everything is made 'to order'. Like the proverbial flash in a pan, this method is ideal for showing off in front of your diners.

WHAT TO BUY

- 2 fillet steaks (about 200g each), cut from the centre of the fillet
- 25g butter
- 1 thyme sprig
- ½ tsp cracked black pepper
- 1 large or 2 small shallots, peeled and finely chopped
- 3 tbsp non-alcoholic brandy
- 2 tsp Dijion mustard
- 1 tsp Worcestershire sauce
- 200ml strong beef stock
- 3 tbsp crème fraîche
- 1 tbsp chopped tarragon (optional)

FLAMBÉ WITHOUT A FLAME

If you're cooking over induction but still want the pyrotechnics of a flambé, you can carefully light it with a match, lighter or kitchen blowtorch.

SAFETY FIRST

If you've never flambéed before, proceed with caution and keep a damp tea towel to hand. This isn't the same as Christmas pudding: we're talking about 50cm flames bursting out of the pan, so stand well back and make sure there's nothing above your cooker that might catch fire.

CRÈME DE LA CRÈME

When it comes to thickening sauces, we always choose crème fraîche over double cream. It's richer, adds more flavour and as we're only using a few spoonfuls, the leftovers will keep for a lot longer.

PERFECT PEPPER

Some versions ask you to press lots of pepper onto the steak to form a crust. In our opinion, that's an entirely different recipe. Here, the heat of peppercorns comes through in the sauce.

Shoot director SARAH SNELLING | Food styling ESTHER CLARK | Styling WEI TANG

TAKING TURNS
Generally, steak is seared on one side, then turned once and seared on the other. To cook the meat more evenly and build a better surface crust, we suggest turning the steak every minute instead.

FRESH HERBS
Herbs are optional, but they add freshness to what is otherwise a very rich dish. We've opted for tarragon, which pairs well with beef.

A CUT ABOVE
As the steak is cooked so quickly, there's no time to render down the fat. For the ultimate luxury, we've gone for fillet, but cheaper options include sirloin and rump trimmed of any fat. For fillet, tell your butcher that you want your steaks cut from the centre for the most even shape.

DINNER FOR TWO
This is the ideal meat feast for two. If you try to fit anymore in the pan, it will become overcrowded and the steaks won't cook as well.

SET THE SCENE
As everything is done at the last minute, you should have all the ingredients prepared in advance. Work like a chef: have everything lined up in the order you'll be using them before you heat the pan up.

HOW TO MAKE IT

1 Generously season the steaks all over with salt, then press them down slightly with the palm of your hand so they're roughly the same thickness. Heat the butter in a heavy-based frying pan over a medium-high heat until foaming, then add the thyme so it crackles and sizzles. Add the steaks and use tongs to turn them every 1 min over the course of 6 mins (for very rare), 8 mins (rare) or 10 mins (medium). This helps build an even crust on both sides. Remove the steaks to a warm plate and leave to rest while you make the sauce.

2 Scatter the pepper over the butter and thyme already in the pan. Toast for 1 min, then stir in the shallots and cook for another minute until they start to soften. Turn the heat up to high and tilt the pan so the side is against the flame (if using a gas hob). Carefully splash in the non-alcoholic brandy. Flambé the shallots until the flames have died down.

3 Reduce the heat to medium and stir in the mustard and Worcestershire sauce. Bubble for a minute, then pour in the stock. Bring to the boil and cook for 2 mins until reduced by half. Stir in the crème fraîche and simmer until rich and creamy. Taste and add more salt if needed. Scoop out the thyme sprig, then return the steaks and any juices to the pan, spooning the sauce over the steaks. Sprinkle over the tarragon, if using. Bring the steaks to the table in the pan and serve drizzled with more sauce.

PER SERVING 402 kcals • fat 26g • saturates 15g • carbs 4g • sugars 3g • fibre 1g • protein 24g • salt 1.2g

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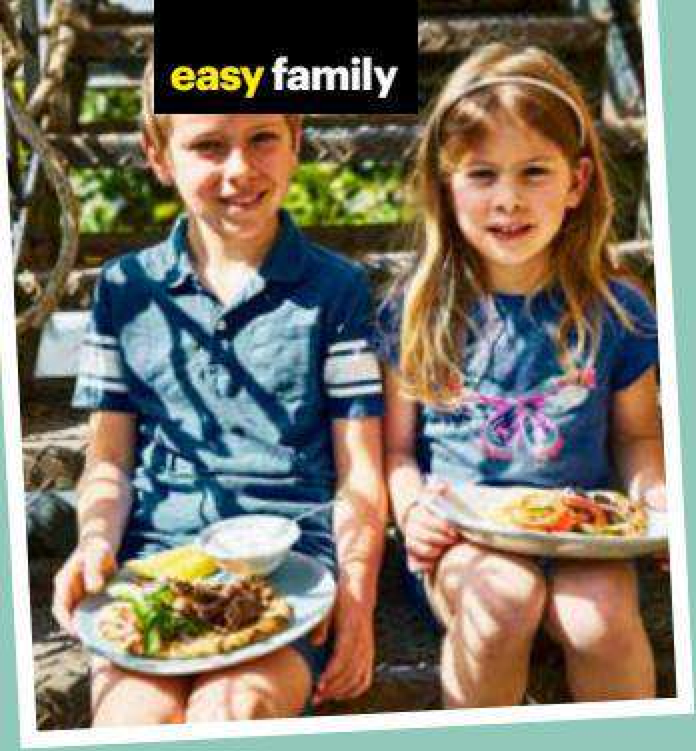
recipes MELISSA THOMPSON ***photographs*** MIKE ENGLISH

Barbecued broccoli, cauliflower & halloumi

Food writer and Good Food columnist Melissa launched a supper club in 2014 that grew into a successful pop-up, only closing the doors after her daughter was born in 2018. Since then, she has become well practiced at creating easy, innovative meals for the family.

@fowlmouthsfood



Barbecued broccoli, cauliflower & halloumi

SERVES 4 **PREP** 15 mins
COOK 20 mins **EASY** **V**

- 2 tomatoes, finely chopped
- ½ red onion, finely chopped
- 1 lemon, juiced
- 1 tsp cider vinegar
- 2 tsp dried oregano
- 1 cauliflower, cut into florets, stalks cut into 5cm pieces
- 1 broccoli, cut into florets, stalks cut into 5cm pieces
- 3 tsp olive oil
- 1 tsp smoked paprika
- 450g halloumi, cut into 2.5cm cubes
- cooked couscous, to serve (optional)

1 Mix the tomatoes, onion, lemon juice, cider vinegar, half the dried oregano and ½ tsp black pepper together in a bowl.

2 Light the barbecue. Bring a pan of water to the boil and cook the cauliflower florets along with the stalk and broccoli stalk pieces for 3 mins. In the final minute, tip in the broccoli florets. Drain the veg, then toss with 2 tsp of the olive oil, the rest of the oregano and the paprika.

3 When the coals are ashen, arrange the veg pieces on the grill, cook for 2 mins, then move to a cooler part of the grill. Keep moving the veg around so it doesn't burn.

4 Put the halloumi on the grill and cook for 1 min, then turn. Repeat until all sides are brown.

5 Tip all the veg and the halloumi into a serving bowl, drizzle with the remaining olive oil, season and serve immediately with couscous.

GOOD TO KNOW calcium · folate · fibre · vit c · 3 of 5-a-day · gluten free

PER SERVING 492 kcals · fat 31g · saturates 19g · carbs 14g · sugars 10g · fibre 9g · protein 35g · salt 3.9g

Barbecued lamb with cumin, lemon & garlic

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**

300g lamb neck fillet
2 tsp ground cumin
2 garlic cloves, crushed
1 lemon, zested and cut into 4 wedges
1 tbsp olive oil
4 tbsp natural yogurt
200g tomatoes, deseeded and thinly sliced
½ cucumber, seeded core removed, thinly sliced
½ red onion, thinly sliced, rinsed and drained
4 flatbreads, warmed
small bunch of parsley, any thick stalks removed and roughly chopped, to serve

1 Slice the lamb neck crosswise into ½cm slices, then tip into a medium bowl. Mix with the cumin, most of the garlic, the lemon zest, 1 tsp black pepper and the olive oil. Cover and chill for at least 30 mins, or up to 24 hrs.

2 Light the barbecue, then mix the yogurt with the remaining garlic in a small bowl. Mix the tomatoes, cucumber and onion together in a separate bowl and squeeze over one of the lemon wedges.

3 When the coals are ashen, lay the lamb slices on the grill, making sure they don't overlap, and cook for 2-3 mins. Turn and cook for 2-3 mins more until both sides are well caramelised and the meat is cooked through.

4 Remove the lamb to a bowl and season. Fill the warmed flatbreads with the garlic yogurt, salad, parsley and lamb, then squeeze over the lemon wedges, fold and serve.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 438 kcals • fat 17g • saturates 7g • carbs 45g • sugars 8g • fibre 6g • protein 24g • salt 0.3g

Jerk-ish skewers

SERVES 4 PREP 25 mins plus soaking COOK 15 mins EASY ☐

500g pork mince (at least 10% fat)
2 tsp allspice berries, ground using a pestle and mortar
1 tsp ground cinnamon
2 tsp thyme leaves
2 spring onions, finely chopped
2 garlic cloves, finely chopped
1 lime, zested and cut into quarters
2 tsp molasses or honey
2 tbsp olive oil
rice salad, to serve (optional)

You'll also need

8 wooden skewers, soaked in water for at least 2 hrs

1 Put the pork mince in a bowl and use your hands to mix in the allspice, cinnamon, thyme, spring onions, garlic, lime zest and molasses or honey. Drizzle the olive oil over a large plate.

2 Divide the mince mixture into eight portions and roll into even-sized balls. Working with one ball at a time and using wet hands, press the ball onto a skewer, forming it into a sausage shape around the skewer as you go. Transfer the finished skewers to the oiled plate and keep chilled until needed. *Will keep covered in the fridge for up to a day.*

3 Light the barbecue. When the coals are ashen, place the skewers on the grill and cook, undisturbed, for 2 mins. Carefully turn using tongs and cook for another 5 mins before turning again. Repeat this process once more until the skewers are cooked through and browned.

4 Remove to a serving platter, squeeze over the lime wedges and season. Serve with a rice salad, if you like (ours was a mixture of cooked rice, sweetcorn, red onion and herbs).

GOOD TO KNOW gluten free
PER SERVING 279 kcals • fat 18g • saturates 5g • carbs 4g • sugars 3g • fibre 1g • protein 24g • salt 0.2g

Barbecued bream with spring onions, lemon & chilli

SERVES 4-5 **PREP** 20 mins
COOK 30 mins **EASY**

- 1.5-2kg whole sea bream, cleaned and descaled (or use 2 smaller breams)
- ½ onion, thinly sliced
- 2 lemons, 1 sliced, 1 halved
- 500g new potatoes, halved and boiled

For the topping

- 2 spring onions, trimmed
- 1 large garlic clove, unpeeled
- 2 red chillies
- 3-5 tbsp olive oil

1 Light the barbecue. Season the inside of the bream and stuff with the onion and lemon slices.

2 When the coals are ashen, carefully spread them out in a circle about 30cm in diameter. For the topping, put the spring onions, garlic, whole chillies and lemon halves, cut-side down, onto the grill. Cook for 10-12 mins, turning halfway through, until the veg starts to colour and soften.

3 Rub a little of the olive oil over the outside of the fish and lay on the grill. Do this carefully, as the oil on the fish skin may start to catch and burn.

4 Remove the veg and lemons from the grill. Finely chop the spring onions and chillies (remove the seeds if you don't want it to be too hot), tip into a bowl and squeeze the garlic from its skin. Squeeze over the barbecued lemon and drizzle with the rest of the oil.

5 After 8-10 mins, carefully turn the fish using tongs and a fish slice, if needed to prevent it breaking apart. Cook for another 8 mins, then check the fish is cooked through by pulling a piece of skin away – the flesh should be opaque.

6 When the fish is ready, remove to a serving plate and pour over the veg topping. Season and serve with the new potatoes. *For children, flake the fish onto plates, checking for bones as you do.*

GOOD TO KNOW healthy • low cal • vit c • gluten free
PER SERVING (5) 327 kcals • fat 15g • saturates 3g • carbs 16g • sugars 3g • fibre 3g • protein 30g • salt 0.3g

Lighting a barbecue

If you have a chimney, add 12-15 briquettes or pieces of charcoal (choose a natural product that won't taint the food). Or, remove the cooking grate and pile onto the lower grate. Put two firelighters in amongst the coals, light these and place the chimney or more coals on top so the fire rises. Wait for the coals to turn white and ashen – this is when they're ready for cooking. If you have a chimney, pour them out. Either way, spread the coals out into a 35cm-diameter circle. To reduce the temp, close the grate to allow less air in. Or, to increase it, open it for more air – this will make the coals burn hotter. Keep an eye on the coals, and, if necessary, add one or two more to maintain the temperature.

Grilled vegetables with cannellini beans & vegan pesto

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY** V

- 1 large aubergine, sliced lengthways into ½cm slices
- 2 courgettes, sliced lengthways into ½cm slices
- 250g cherry tomatoes
- 400g can cannellini beans
- crusty bread, to serve

For the pesto

- 60g basil leaves
- 20g parsley leaves
- 1 small garlic clove
- 1 lemon, zested and juiced
- 30g pine nuts, lightly toasted, plus 1 tbsp to serve
- 2 tsp nutritional yeast
- 3-4 tbsp olive oil

1 Light the barbecue. For the pesto, blitz the basil, parsley, garlic, lemon zest and juice, 30g pine nuts and nutritional yeast together in a food processor. Mix in the olive oil to loosen and season to taste.

2 When the coals are ashen, place the aubergine and courgette slices on the grill. Cook for 2-3 mins, then turn and cook for 2-3 mins more until the veg is softened and slightly shrunken. Add the tomatoes to the grill and cook, turning often until the skins have split and the tomatoes soften. Immediately remove from the grill along with the other veg.

3 Drain the cannellini beans, reserving the liquid from the can, and tip the beans onto a serving platter. Add 2 tbsp of pesto and mix, loosening the bean mixture with some of their reserved liquid.

4 Add the aubergine and courgette slices to the platter and mix gently until lightly coated in the pesto. Scatter the tomatoes on top, then drizzle with more pesto (you can loosen this with more of the reserved bean liquid, if needed). Sprinkle with the extra 1 tbsp pine nuts and serve with crusty bread.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING 287 kcals • fat 18g • saturates 2g • carbs 17g • sugars 7g • fibre 9g • protein 10g • salt 0.1g

Shoot director JACK HUNTLEY | Food stylist KATY GILHOOLY | Stylist FAYE WEARS

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health

Delicious recipes and top nutrition tips

5 healthy ways

prawns, page 74

Inside your veg box

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5 healthy ways

prawns

Use a pack of this popular shellfish to transform a light weeknight supper

1 Prawn fried rice

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY**

Cook **250g long grain brown rice** following pack instructions. Bring a separate pan of water to the boil, and cook **150g frozen peas** and **100g mangetout** for 1 min. Drain. Heat **1½ tbsp rapeseed oil** in a large frying pan or wok over a medium heat, and fry **1 finely chopped onion** for 10 mins until golden brown. Add **2 crushed garlic cloves** and **2 tbsp grated ginger**. Turn up the heat, tip in the peas and mangetout, and fry for 2 mins more. Add **150g raw king prawns** and cook for 2 mins more. Stir in the rice. Push everything to one side. Pour **3 beaten eggs** into the other side, and briefly scramble with a wooden spoon. Mix everything together. Stir in **2 tbsp sesame seeds**, **1 tbsp low-salt soy sauce**, **½ tbsp rice or white wine vinegar** and **4 spring onions, sliced**.

GOOD TO KNOW healthy • fibre • 1 of 5-a-day
PER SERVING 418 kcals • fat 11g • saturates 2g • carbs 54g • sugars 7g • fibre 6g • protein 22g • salt 0.5g

2 Prawn & harissa spaghetti

SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY**

Cut **100g long-stemmed broccoli** into thirds. Bring a large pan of lightly salted water to the boil, and cook the broccoli for 30 seconds. Drain. Cook **180g dried spaghetti** following pack instructions. Heat **2 tbsp olive oil** in a large frying pan over a low heat, and fry **1 large garlic clove**, lightly bashed, for 3-4 mins. Remove the garlic with a slotted spoon and discard, leaving behind the infused oil. Add **150g halved cherry tomatoes** to the pan and fry for 5 mins, or until beginning to pop and turn juicy. Stir in **150g raw king prawns** and cook for 3 mins, or until the prawns turn pink. Add **1 heaped tbsp rose harissa paste** and the **zest of 1 lemon**, stirring to coat. Season to taste, then toss with the broccoli and cooked spaghetti.

GOOD TO KNOW healthy • fibre • vit c • 1 of 5-a-day
PER SERVING 511 kcals • fat 13g • saturates 2g • carbs 72g • sugars 6g • fibre 7g • protein 22g • salt 0.9g

3 Lime prawn cocktail pitta salad

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY**

Heat the oven to 200C/180C fan/gas 6. Slice **½ wholemeal pitta** into triangles, then put on a baking sheet and drizzle with **½ tbsp rapeseed oil**. Bake for 10-15 mins until golden and crisp. Set aside. Combine **1 tsp Tabasco**, **1 tbsp low-fat mayonnaise**, **1 tbsp fat-free natural yogurt** and the **zest and juice of ½ lime** in a bowl. Toss **60g cooked king prawns** with the dressing. Layer the **leaves of 1 Little Gem lettuce**, **¼ small cucumber**, sliced, and **4 halved cherry tomatoes** into a bowl along with the prawn cocktail. Serve topped with the pitta chips.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 345 kcals • fat 16g • saturates 1g • carbs 26g • sugars 12g • fibre 7g • protein 19g • salt 1.4g

Prawn fried rice

> “Prawns can be peeled before or after cooking, but peeling them after makes them juicier and more flavourful”

4 Prawn bruschetta with lemony fennel salad

SERVES 2 PREP 8 mins
COOK 8 mins EASY

Thinly slice **1 fennel bulb** through the root, reserving the fronds. Cook the fennel in a pan of simmering water for 2 mins until tender. Drain, then toss with the fronds, **1 tbsp roughly chopped dill**, the **zest and juice of 1/2 lemon**, **2 tsp olive oil** and a pinch of salt. Brush **4 slices of crusty wholemeal bread** with 3 tsp oil, then toast on a hot griddle pan for 2 mins on each side. Rub one side of each slice with **1 halved garlic clove**. Top the bread with the fennel salad, **140g cooked prawns** and some **rocket**.

GOOD TO KNOW healthy • low fat • 1 of 5-a-day
PER SERVING 220 kcals • fat 7g • saturates 1g • carbs 19g • sugars 2g • fibre 5g • protein 21g • salt 1.9g

5 Prawn & avocado wrap

SERVES 1 PREP 10 mins
NO COOK EASY

Stone, peel and chop **1 small ripe avocado**, then mash with the **juice of 1/2 lime**, a **few shakes of Tabasco** and some seasoning. Fold in **1 tomato**, deseeded and chopped, and **1 spring onion**, sliced. Warm **1 seeded flour tortilla** in the microwave for 30 seconds. Spread the avocado mix down the middle, then scatter over a **handful of mixed salad leaves** and **85g cooked prawns**. Roll up tightly to enclose the filling.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING 487 kcals • fat 32g • saturates 8g • carbs 27g • sugars 5g • fibre 8g • protein 22g • salt 3g

Inside your veg box

CELERIAC

Knobbly celeriac certainly doesn't take home any beauty prizes but it does get top marks for its earthy, nutty flavour and robust texture. Try it roasted in these spicy tacos with cooling avocado crema and zingy pickled onions

recipe ESTHER CLARK ***photograph*** YUKI SUGIURA

Chipotle celeriac tacos

Make this recipe vegan by using vegan butter, leaving out the feta and swapping honey for agave syrup – it works just as well. The pickled onions are optional but add welcome zing and crunch.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY V**

- 1 large celeriac (900g unprepped), cut into 3cm cubes
- 1 tbsp olive oil
- 3 tbsp chipotle chilli paste
- 3 tbsp honey
- 2 tbsp melted butter
- 8 small corn tacos
- crumbled feta (optional)

For the avocado crema

- 2 ripe avocados, peeled and stoned
- 2 limes, juiced
- 1 small garlic clove, crushed

For the salsa

- 1 small bunch of coriander, finely chopped
- 3 large, ripe tomatoes
- 1 lime, zested and juiced

1 Heat the oven to 200C/180C fan/gas 4. Toss the celeriac pieces on a baking tray with the oil and ½ tsp salt. Roast for 20 mins, turning halfway. Mix together the chipotle, honey and butter in a small bowl, toss with the celeriac, then return to the oven for 10-15 mins or until cooked through and beginning to caramelise.

2 Meanwhile, make the crema. Blitz the avocado, lime and garlic in a food processor with 100ml water and a good pinch of salt until smooth and creamy.

3 Make the salsa by tossing all the ingredients together in a bowl and season to taste. Warm through the tacos either in a small frying pan over a medium heat for 1-2 mins or in a microwave. Pile the celeriac, crema and salsa into the tacos, crumble over the cheese, if using, along with pink pickled onions (see recipe, right) and enjoy.

GOOD TO KNOW folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 514 kcals • fat 31g • saturates 8g • carbs 41g • sugars 20g • fibre 20g • protein 9g • salt 1.8g

Pink pickled onions

MAKES 500ml jar **PREP** 5mins plus cooling **COOK** 5 mins
EASY V

- 200ml white wine vinegar
- 3 tbsp caster sugar
- 2 tsp coriander seeds, crushed
- ¼ tsp chilli flakes
- 2 red onions, thinly sliced

Put the vinegar, sugar, coriander seeds, chilli flakes, 1 tbsp salt and 100ml water in a pan over a medium heat. Bring to a simmer for 5 mins, stirring occasionally until the sugar and salt have dissolved. Put the onions in a large bowl and pour over the warm pickling liquid, then leave to cool at room temperature. Once cool, they are ready to serve. *Will keep in a sealed jar in the fridge for up to one week.*

GOOD TO KNOW low fat • gluten free
PER 50G SERVING 25 kcals • fat 0.1g • saturates none • carbs 5g • sugars 5g • fibre 1g • protein 0.4g • salt 0.5g

TOP CELERIAC FACTS

Celeriac also goes by the name of celery root, knob celery and turnip-rooted celery.

Originally cultivated in the Mediterranean, it was first introduced in Britain in the 18th century.

Celeriac can last several months if kept in a cool dark place, but over time its intense celery flavour will weaken.

Shoot director SARAH SNELLING | Food stylist ESTHER CLARK | Stylist WEI TANG

OUR FAVOURITE CELERIAC RECIPES

MAKE IT CHEESY

Try a comforting celeriac gratin. Like dauphinoise potatoes, the celeriac is thinly sliced, then baked in cream sauce and topped with molten cheese.

CELERIAC REMOULADE

A classic celeriac dish, it's cut into matchsticks and tossed with a silky mayo and crème fraîche dressing. This pairs well with cold beef or cured salmon.

WARMING SOUPS

Celeriac in soup is always delicious. Browse our favourite recipes on *bbcgoodfoodme.com*, from simple bowlfuls to a luxury starter laced with truffle oil.

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AUTUMN IN AMSTERDAM

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Escape to Alila Hinu Bay

Striking seaside vistas, natural wildlife and delectable dining concepts await guests at the tranquil Alila Hinu Bay

Perched alongside an infinite blue bay, and flanked by an unrivalled private beach, is Alila Hinu Bay; a boutique beachfront eco-resort in Mirbat. Hailed as one of Salalah's hidden gems, Alila (which means "surprise" in Sanskrit), features refined décor elements including a glorious marble façade with influences of Omani vernacular architecture seen in the falaj water features and arched corridor.

Sited just 87km from Salalah International Airport, and accessible by road from Muscat, the remarkable Alila Hinu Bay invites guests to embark on a blissful journey in paradise. Whether you're travelling solo, with your partner, or have your family in tow, the 112-key eco-resort offers five guest accommodation options, guaranteeing something for everyone.

Take your pick from stylish rooms with lagoon or sea views with terraces, interconnecting family rooms, or a classic or deluxe pool villa with private plunge pools and outdoor bathtubs. As you step into your home away from home, you will instantly feel zen, thanks to interiors that blend natural elements of the outdoors with clean, modern finishes. Revel in the Alila Hinu Bay's ultimate expression of contemporary style with thoughtfully designed spaces and unparalleled quality in detail and comfort, built for artisanal living.

GASTRONOMIC OFFERINGS

The five-star resort offers intimate romantic dining and family-friendly meals at various culinary destinations across the resort. All restaurants are committed to sustainable dining, thus sourcing the majority of their produce from local vendors.

Head to the Oasis Pool Bar for laidback vibes, after a refreshing dip in the pool, and enjoy a selection of snacks, flavour-packed salads and cooling beverages. The Lobby Lounge offers an Omani afternoon tea experience (Fuwala), complemented by magnificent views of the Arabian Sea. Alternatively, treat yourself to

conversation and coffee over an array of light bites and Middle Eastern delights.

SeaSalt invites diners to tuck into tantalising flavours by the sea. Look forward to sublime coastal dining with an ambience of fresh, crisp air and soothing sounds from the waves lapping against the shore. Signature dishes at this waterfront restaurant include a vibrant Fish Otak-Otak marinated with lemongrass, lime, Thai red chilli peanut oil, soy sauce, coriander stem, garlic and ginger, steamed in banana leaves and served with jasmine rice; spiced Singapore Chilli Lobster with sambal, shallots, Lee Kum Kee black bean sauce and lemongrass, garnished with aromatic herbs, and the Regag Bread with locally produced cream, eggs and date honey.

Filling the atmosphere with the warm, crisp air of the Arabian sea, guests are encouraged to connect with the five senses for a mindful all-day dining experience at The Orchard, brought to life through local sourcing and storytelling.

The restaurant also offers à la carte breakfast, lunch and dinner, featuring a combination of international and locally produced organic ingredients, including the freshest catch and seasonal lobster sourced from Mirbat port.

UNIQUE EXPERIENCES

A visit to Spa Alila is a must for those who want to relax and revive their senses. Handmade natural products are used in customised treatments and massages, making sure you leave absolutely rejuvenated. Spa Alila also offers yoga and meditation classes. While the adults unwind, children can make a beeline for Play Alila kids club.

Situated between the mountains and the sea, you will have plenty of opportunities to immerse yourself in the beauty of this destination. Enjoy the greenery of the Wadi Darbat valley; discover the city of Mirbat and Shati Ad Damar; or visit the shrine of the scholar Muhammad bin Ali also known as Sahib Mirbat. Alternatively, gaze upon Mirbat Castle along with the old merchant houses; uncover the Teeq Cave and the renowned Tawi Ateer sinkhole; hotfoot to the cave at Jabal Samhan; visit Khor Rori (the largest natural reserve in Dhofar) and the Sumhuram Archaeological Park or prepare to be mesmerised after a hike to the unique Wadi Darbat waterfalls.

With unlimited possibilities at Alila Hinu Bay, where the 'sea and mountain hug', you can embark on a harmonious journey of land, sea and sky; and reconnect with nature, whilst surrounded by mindful luxury. If you're looking for bespoke cultural, dining, wellness and spa experiences during your sojourn, reach out to the hospitable Alila Leisure Concierge team for a special itinerary.

Visit www.alilahinubay.com. Contact +9682 337 3350 or email reservations.hinubay@alilahotels.com.

Autumn in Amsterdam

Now that countries have reopened their borders, it's time to explore the world again. Nicola Monteath takes a trip to Amsterdam this fall, embarking on a culinary journey that spans from Asian specialities at Conservatorium to Dutch cheese and baked goods

Amsterdam is one of those picturesque cities that retains its charm year-round. Spring sees tulip fields and cherry blossom trees in full bloom, while in the summer, the city plays host to tourists for music, art and cultural festivals. Imagine buskers in Vondelpark (a sprawling 47-hectare urban park) canals teeming with boats of all sizes, gelato pop-ups on every corner, and children splashing around at just about any water feature they can find. On sunny days, locals hotfoot to the nearest park for picnics or hop on a boat to tour the canals.

Autumn brings about an entirely different experience, especially for those in the Middle East who want to escape for cooler climes. The leaves turn to vibrant shades of yellow, orange and red, while the crisp, cool breeze kisses your cheeks as the sun plays hide and seek.

Amsterdam's canal belt (recognised as a UNESCO Heritage Site) sees charming canal houses showcasing ornate facades and gables, all of which hark back to centuries ago. Tour the streets lined with fiery foliage by foot, bike, tram, bus, or hop on a boat, and take in the intricate details of these narrow, often tilted, buildings.

It's no surprise the city attracts history, art and culture buffs, luxury travellers, honeymooners and backpackers alike. Amsterdam offers something for everyone. You can spend hours at the renowned Rijksmuseum, admire art at Van Gogh and Museum het Rembrandthuis, and visit Moco for the Banksy exhibit and contemporary artists including the likes of KAWS, Hirst, Basquiat and Haring. Cultural attractions such as the Anne Frank House and The Concertgebouw are also a must-visit, and on days when you want to unwind, the leafy parks beckon. Or better yet, head to a cheese shop for a taste of Old Amsterdam, Edam and Gouda.

A HOME IN THE CITY

Sited at the city's sprawling Museum Square District, also home to prestigious galleries, is the Conservatorium - an architectural masterpiece. The landmark heritage building, originally founded in 1275, was designed by Dutch architect Daniel Knuttel as the Rijkspostspaarbank, after which it became home to the Sweelinck Music Conservatorium school.

Now owned by The Set Hotels, the Conservatorium celebrates its glorious past through architecture, with modern touches evident within the suites. Award-winning Milan-based designer Piero Lissoni guided the renovation of the interiors, embracing the rich historical narrative while adding his personal touch.

As you step through to the hotel's lobby, you're greeted with art noveau interiors with remnants from the bank and music school days seen in minor details such as the tiles and certain art pieces. The lobby, flooded with natural light from the glass roof, instantly offers a sense of calm, a feeling you're met with throughout the hotel. A heavy wooden door by the check-in desks takes you to a gorgeous staircase paving the path to your suite.

The Van Baerle Suite (seen above), nestled at one corner of the hotel, features massive windows offering city views, a contemporary feel with neutral hues that perfectly offset the dark hardwood floors, and high ceilings. The suite opens to the closet area in the foyer – complete with Stutterheim raincoats – leading to the warm travertine stone bathroom with a stunning solid stone oval bathtub. If you're anything like me, you will want to indulge in a hot soak at the end of the day, while watching your favourite show on the LCD mirror TV right across the tub. The bathroom features a large rainfall shower, lavish Malin + Goetz amenities, Dyson hairdryer, and another LCD mirror TV for those who want to watch the news while doing their morning routine.

The spacious open plan suite features a super king bed with a TV hidden in the console at the foot of the bed, which makes for perfect nighttime viewing as you sink into the sheets under the plush duvet. The suite also includes a work desk and armchairs with refined modern materials and demure fabrics. Lissoni is known for his usage of grey and earthy tones with the occasional bright accents adding a pop of vibrancy to the room. Comfort is at the forefront of this suite, with Italian furnishings and accent pieces making up the contemporary chic space.

CULINARY OFFERINGS

A visit to the original Taiko – the second outpost opened in Dubai last year – is a must. With a sommelier, vintage grapes offered exclusively at the venue, and a taste of wasabi grown in Europe, dining here is an impressive experience.

Headed by Chef Schilo van Coevorden, the Asian-inspired menu highlights flavours, aromas and textures in each and every dish. We highly recommend the Softshell crab roll with hints of mango and daikon, adding sweetness and texture, followed by the moreish Wagyu gyoza with a delectable smoked garlic sauce. Crisp on the outside with juicy meat inside, it's a comforting start, alongside the plump King prawn gyozas with water chestnut. Don't skip the

Hiramasa kingfish sashimi - fresh, soft and a tad bit fatty, it's the perfect accompaniment to the curated beverage menu brimming with creative Asian-inspired infusions.

Entrées are best shared with your dining partner, especially if you want to try morsels of everything. The Miso black cod pairs perfectly with the eryngii mushrooms on the side, each umami-rich bite brightening up the palate. And if you're craving a fine piece of meat, look no further than the Grilled Japanese A5 Wagyu entrecote. The highest grade of Wagyu, this buttery, succulent steak melts in your mouth. It's best eaten with hand-cut fries and the green salad with hazelnut dressing.

The dessert menu offers an extensive array of flavours. One of our favourites was the miso with salted caramel ice cream. We won't reveal too many details, but it's one for your list of culinary treats to try.

BREAKFAST DELIGHT

Before you step out for the day, enjoy breakfast at the Conservatorium Brasserie, sited towards one end of the expansive lobby. With a stunning internal glass courtyard and floor-to-ceiling windows, it's the ideal spot for your first meal of the day. Begin with coffee, fresh juice or bubbly, before the breakfast tray arrives at your table with yogurt and berries, cheese, deli meats, a bowl of fruit and a basket of fresh bakes including croissants. Made to order dishes include the Egg royal comprising two poached eggs on a bed of smoked salmon and toasted muffin, topped with a silky hollandaise, chives and caviar.

TIME TO UNWIND

Akasha Holistic Wellbeing, voted The Netherlands number one spa, offers 1,000 square metres of pure luxury. An urban retreat, the tranquil zone is home to a 60 ft. lap pool, sauna, jacuzzi, private Hammam, fully equipped gym, yoga studio, and treatment rooms. To beat jet lag, and prep you for days of sightseeing, we highly recommend one of the signature treatments which fuses innovative Western practices with ancient Eastern traditions.

The De-stress treatment is one to opt for, if your body is in dire need of a deeply relaxing massage. Take your pick from the De-Stress Mind or Muscle oil blend and unwind as your masseuse uses long and short strokes to remove every knot in your neck, shoulders and back. As you fall into a state of lull, the range of techniques relieves all aches from your body. Don't be surprised when the masseuse cracks your wrist with subtle movements, before moving on to other areas of the body, finishing with the scalp.

This treatment is truly one of the best you will experience in the city and ideal for those who want to instantly calm the mind and body.

NEED TO KNOW

The Van Baerle Suite is available from €1,050 (approximately AED4,540) per night. Visit conservatoriumhotel.com for more information.

AS THE LOCALS DO

The quaint streets of Amsterdam offer plenty for discerning travellers. Take a cue from the residents and enjoy these hidden gems and local treats

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GETTING AROUND

If you're looking for shelter from the rain, or prefer relaxing before you stroll the city centre, hop on one of the city's blue-and-white trams; a reliable and economic way to get around. The Citymapper app (citymapper.com) is handy for navigating the public transport system, especially if you need to switch between trams, buses, metros and/or trains. Those looking to cross over to Noord can take one of the complimentary ferries across the IJ river, from Amsterdam Central Station. For quicker journeys by road, download Uber or the Bolt app.

EAT THIS...

Besides the extensive assortment of Dutch cheeses and glorious thick-cut fries with heaps of toppings, there are plenty of snacks to try while wandering around the city

- **Frikandelbroodje:** a savoury puff pastry roll with frikandel (type of meat that's shaped like a sausage) and curry sauce. A popular Dutch snack, it's best eaten warm. Available at supermarkets across the city.
- **Stroopwaffel:** a wafer waffle made from two thin layers of baked dough with a caramel filling sandwiched in between. Try the freshly made version at Albert Cuyp Market (albertcuyp-markt.amsterdam); Van Wonderen (vanwonderenstroopwafels.nl) or Lanskroon (lanskroon.nl).
- **Poffertjes:** small, fluffy Dutch pancakes made with yeast and buckwheat flour. Have it served with powdered sugar and butter at De Vier Pilaren (Stadhouderskade 11, 1054 ES) and Café de Prins (deprins.nl).
- **Bitterballen:** deep-fried crispy balls with a creamy meat filling. These are best eaten at a Dutch pub and can be found at most eateries.
- **Raw herring:** served at fish and seafood kiosks and shops across the country, this fatty fish is eaten with onions and a slightly sweet pickle. Ask for broodje haring if you'd like the raw fish in a bread roll.
- **Kibbeling:** these battered and deep-fried fish pieces are usually served with herb mayo or tartar and lemon. Try it hot, after the herring.
- **Croquettes:** you will spot FEBO across the city. Head to one for everything from hamburgers to beef and cheese croquettes, displayed behind little glass doors in a vending machine.
- **Ontbijtkoek:** a ginger cake that's sold in loaves at local bakeries and supermarkets. Usually eaten at breakfast or tea time.
- **Stampot:** a traditional Dutch staple that comprises mashed potatoes with veggies. It usually includes variations with sauerkraut, carrot, onion or kale, served with sausage. Visit Moeders Restaurant (moeders.com).
- **Liquorice:** Dutchies love their salty black 'drop' that's also available in cola, salted caramel, sherbet and more interesting flavours.
- **Tompouce:** cream-filled rectangular pastry with pink icing on top and a cream-filled centre. It's a messy sweet treat but oh-so-delish! Available at local supermarkets and bakeries.
- **Kapsalon:** a fast-food dish created in Rotterdam, consisting of a sizeable portion of French fries topped with doner, shawarma or gyro chicken/meat, melted Gouda cheese, a layer of shredded iceberg lettuce, garlic sauce and spicy sambal. Available at Turkish restaurants and Eetuhuis (snack bars).

DINING EXPERIENCES

The city is home to eight one-star and two two-star Michelin star restaurants (guide.michelin.com) that are also worth a visit. For a special meal, dine at these three hotspots:

Indonesian Rijsttafel

The strong Indonesian influence on Amsterdam's food scene can't be missed! Order a rijsttafel (rice table), which includes small dishes from all over the Spice Islands, developed in the times of Dutch colonisation to allow colonials to sample dishes across Indonesia.
Available at most Indonesian restaurants.

Restaurant De Kas

Nestled at an old greenhouse in Oost (East), the daily-changing menu features vegetarian dishes with 90 per cent of ingredients from the venue's surrounding gardens. The award-winning restaurant, which holds a Green Michelin star, 15 points in the Gault & Millau guide, and listed on the World's 50 Best Discovery list, showcases over 300 varieties of fruit, vegetables and herbs at The Garden, which guests are welcome to tour.
restaurantdekas.com

Foodhallen

This indoor food hall in the De Hallen cultural centre offers some of the best street food vendors and a spot of shopping.
foodhallen.nl

GETTING THERE

Direct flights from Abu Dhabi to Amsterdam Airport Schiphol are available via Etihad Airways, and from Dubai via Emirates and KLM.

RIJKSMUSEUM, Ivica Drusany / Shutterstock.com

GLAMPING SEASON IS HERE

Make your way to the sparkling coastline of Ras Al Khaimah and discover one of the UAE's best glamping experiences at Longbeach Campground

The pleasant weather is back, and with it is season 5 of Longbeach Campground. For those who love to experience all the pros of camping, without the cons, Longbeach Campground brings together a traditional camping ethos with luxurious amenities and around-the-clock activities. Sited on a 300 meter stretch of beach, the campground is perfect for family staycations, romantic getaways and glamping with a bevy of friends. Here's what you can expect this season.

ACCOMMODATION

When you combine camping with upscale comfort, you get glamping. Longbeach Campground offers five glamourous camping options. Each tent is fitted with comfortable sleeping arrangements, outdoor furniture and an ocean view; with some boasting private washrooms and a bathroom to share.

Choose from an Authentic Deluxe Tent for two adults and two kids, or three adults; to an Authentic Family Tent that has the capacity to fit six adults; a styled Safari Suite Tent; gorgeous Panoramic Dome Suite Tent; and an intimate and striking Sunset Terrace Suite Tent for two adults.

We glamped in the Panoramic Dome Suite Tent, a hexagon-structured dome covered by transparent material which sits on an elevated location on the property. The tent was as pretty as a picture from the outside, with a private patio, a jacuzzi and even a mini backyard - all looking out to the campground and the sea.

Structured to sleep four adults and two kids, or six adults, the spacious and air-conditioned interior offers deluxe décor, a lounge area, one queen-size bed and two twin bunk beds, a private bathroom and exceptional views of the outdoors.

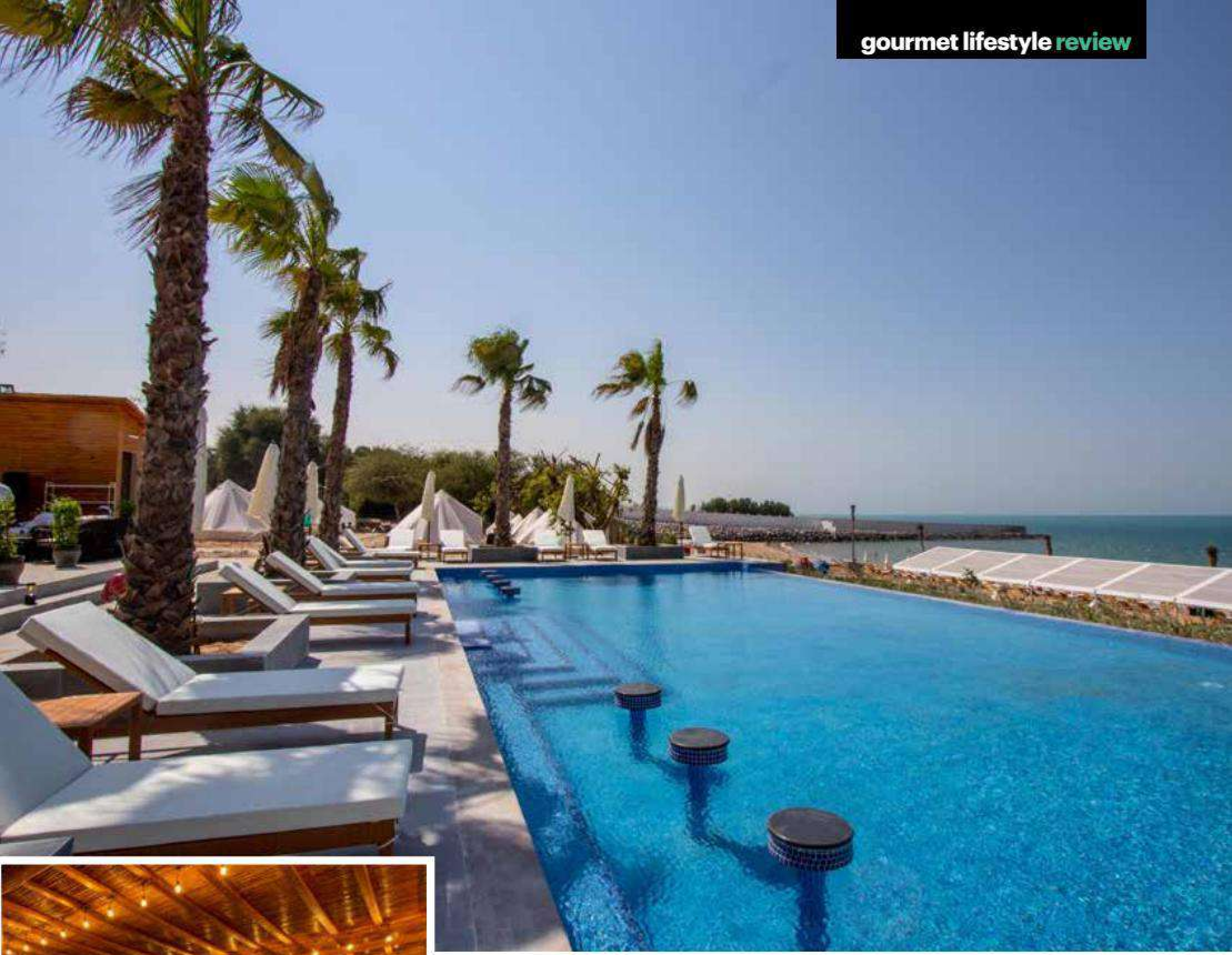
CULINARY OFFERINGS

No matter the tent type you opt for, the package includes the half-board option for the duration of your stay. This includes dinner and breakfast served from a bountiful buffet, live stations and kids' corners, either by the Beach Dining Area or by the Infinity Pool Bar. You also have the option to quench your thirst with unlimited adult beverages for two hours in the evening.

Dinner and breakfast are served for a fixed and strict duration of two hours, between 7-9pm in the night and 7-9am in the morning. This is something we appreciated, as the glamping haven offers several fun activities throughout the day. So you may want to start your day bright and early and make the best of your time there!

Just before sunset, we made our way to the Infinity Pool Bar for a quick dip and treated ourselves to sundowners. Here, you can also grab a light bite by the pool, overlooking the beach. The frame of the sun disappearing below the horizon is captivating and a moment I don't think we'll ever forget. Soon after, we were greeted by the drifting aroma of grilled food from the sea shore below. That was our cue to get moving for dinner.

Words by Serena Botelho e Warren



The Beach Dinning Area - an expansive stetch of outdoor seating beneath a large, open-air tent on the beach - features international and local flavours at the fresh salad bar, barbecue spot, live cookery stations and more. Waves crashing in the background, twinkling fairy lights strung rhythmically and a saxophonist performing on an elevated platform, complete the leisurely ambience.

After a short walk around the sprawling counters, we identified exactly what we'd like to tuck into, and began our culinary experience. The bread section offered multigrain rolls, sliced loaves and even flatbread, if that's what you prefer. Take your pick from a Lentil or Spanish seafood soup, kept hot over burning coals. My carb of choice beckoned, and I made my way to the live Pasta station, where you can choose between Spaghetti with pomodoro sauce or penne with a cream-based sauce. Don't shy away from asking for that extra serving of parmesan cheese, it's always needed.

Following this was the Kebab section, where hot, spiced and flavour-packed minced meat patties were being served with a whole range of sauces such as tamarind, mint, tomato and sriracha to accompany; and a succulent Whole roasted lamb. An array of salads, including a Greek salad, Waldorf, Quinoa and chicken, and Fattoush was our next stop; with the salad bar even offering the option to DIY. Muhamarra and Moutabel with pickled veggies and poppadoms completed the fresh assortment.

After a short breather, we made our way to the grill section for juicy burgers, more skewered meat and perfectly marinated and seared seafood treasures such as kingfish, sherry and sultan, which we relished. For the best experience, tuck into your grills while hot and then come back for additional servings. Pizza, fish balls and potato fries, among other dishes are sure to be a hit among kids. I tried the fish balls and they were seasoned well and absolutely scrumptious. My dining partner opted for a serving of aromatic Mutton Dum biryani with Molokhia chicken and Pindi chana masala, while I tried the Steamed rice with Szechuan vegetables brimming with bold flavours.

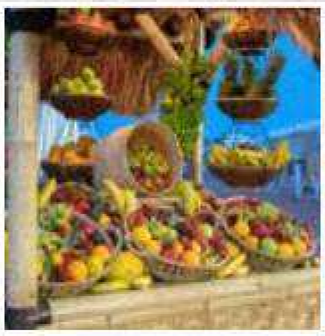
Dessert called for a bite of Umm Ali; Churros with butterscotch or chocolate syrup (or both); Strawberry panna cotta and a classic Marble or Carrot cake.

We woke up bright and early for a quick bite, beginning with freshly baked croissants and sweetened fruit pastries. Corn flakes, cocoa pops and cold milk made up the cereal offering; followed by fresh fruit, vegetables, yogurt and muesli. A serving of fried eggs was done to our liking at a live cooking station, with grilled tomatoes, baked beans and breakfast beef and chicken sausages. Heartier options include Vermicelli upma (a traditional Indian dish), Burghul porridge, Spanish egg casserole, Foul medames and Vegetable soup. A serve-yourself spot featuring pineapple, orange and apple juices offered a cool, refreshing start to our day; with coffee and tea.

CAMPGROUND ACTIVITIES

Rest assured that when you make a booking, you are automatically entitled to an all-inclusive activities package – which not only means access to the beach and pool, but also admission to water sports, fitness and dance programmes, the floating theatre, the barn, archery, sunrise yoga, pottery and more.

After checking into our accommodation, we stopped by the Archery post to shoot some arrows, before making our way to The Barn which soon became our favourite setting to visit. One for both the adults and kids, expect to see (and even play) with friendly dogs, adorable cat, rabbits, birds, a donkey and even snakes.



We were meant to go for a spot of jumping fitness, but the sea looked inviting. Do fly some kites and just have a fun rest of the afternoon. After a quick shower and outfit change, we dashed over to the Floating Theater for a Latin dance session, which we thoroughly enjoyed. Off to the Infinity Pool, we got there in time for dusk and discovered an interesting briefing underway. A member from the campground's Entertainment Team announced three family-friendly movie options for guests to vote on; and the one with the majority votes gets played at the Floating Theatre (literally set in the water, offshore) later in the night, while you sit back and enjoy popcorn from cosy bean bags under the stars.

The Pottery Tent offers classes where you can craft your own clay object that you can even take home with you as a memento. Dinner is served soon after by the beach, followed by marshmallow roasting at the bonfire. A dart tournament was also declared for that evening, and since we'd already watched Jungle Cruise, we opted to enter the contest and had a thrilling win.

It had been a long, albeit delightful day and I couldn't wait to have a good nights' sleep before the excitement of the next morning. After a quick breakfast, we tried our luck at Stand-up paddle boarding, but could only manage to sit around, which was nonetheless a good time. Around Longbeach, you will find a bunch of other ongoing programs including: volleyball and badminton, kayaking, junior chef classes, embroidery, painting, quiz and more. The activities run all day long according to a camping program timeline. Thus, if the parents wish to partake in an adults-only class, they can drop the kids off at the Kids Club Tent for supervised care and engaging events such as karate lessons, egg hunts, cooking competitions and sand castle building.

INSIDER TIP

We stayed for just one night and felt the trip was too short. With the number of adventurous activities and elating experiences offered for all ages, we recommend a two nights' stay at the very least.

BOOK NOW!

Tents are available daily from AED400. Call 600 566 600. Visit bmhotelsresorts.com/long-beach-campground.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs

BREAKFAST FOR TWO AT SOCIAL COMPANY, ZABEEL HOUSE BY JUMEIRAH, THE GREENS, WORTH AED500

Social Company, the trendy dine, drink and chill venue at the neighbourhood hangout, Zabeel House by Jumeirah, The Greens, has expanded its morning menu to include a selection of Benedicts, toasts, açai bowls, wraps and desserts, inspired by Arabic and Mexican cuisines. Diners can also quench their thirst by tapping into an array of beverages from juices and smoothies to coffee and tea. A lucky winner will stand a chance to win a breakfast voucher for two, to start their day right.

TASTE OF ASIA AT GINGER, CROWNE PLAZA DUBAI JUMEIRAH, WORTH OVER AED550

Ginger, the modern Asian fusion restaurant at Crowne Plaza Dubai Jumeirah invites diners to plan a midweek outing for their Tuesday night Taste of Asia offering. Quell those weekday blues with unlimited street food favourites, delightful dishes from a live station and more. The vibrant Asian-style feast features a variety of meat, fish and vegetarian options, all to be washed down with unlimited house beverages for three hours. Ginger is giving one lucky Asian food lover a chance to win a voucher for two, inclusive of house sips.

HEALTHY FOOD ITEMS FROM SLURRP FARM, WORTH AED500

Founded by two mums, Meghana Narayan and Shauravi Malik, Slurrp Farm was born in October 2016 to provide healthy, tasty and natural food options for children. Both mums felt they were short of nutritious options to offer their kids, and upon realising that there were other parents who felt the same, the duo decided to launch Slurrp Farm. The trusted brand includes reinvented home recipes from their grandmothers' kitchens and ingredients from their childhoods. One lucky person will receive these healthy food items from Slurrp Farm.

POOL PASS AND DINNER FOR TWO AT AL JADDAF ROTANA SUITE HOTEL, WORTH OVER AED650

In dire need of a getaway? Win the chance to unwind by Al Jaddaf Rotana Suite Hotel's pool and later, enjoy a dinner for two at The List Bar. The newly revamped and stylish List Bar boasts cosy interiors, vibrant flavours, expertly hand-shaken signature sips, bottled hops from across the globe and more. Ideal for socialising, catching the games and unwinding during weekends, The List Bar at Al Jaddaf Rotana is an experience you should not miss.

Images SUPPLIED

F&B VOUCHER FOR GOLDEN DRAGON, WORTH AED500

Golden Dragon Restaurant was born in 1976 and gained popularity among the residents for its top-notch Chinese menu and hospitality. Located on Oud Metha Road, the restaurant serves fine pan-Asian cuisine from old favorites like Szechuan noodles and Prawns kung pao to the recently introduced designer dim sums. Serving up small plates, as well as family-style portions, Golden Dragon is the perfect place to relax and enjoy several dishes with friends and family.

GIFT VOUCHER FROM JOE'S BACKYARD GASTROPUB, WORTH AED500

Joe's Backyard at Jumeirah Islands Clubhouse offers a gastropub experience for those looking to have a good time. The menu includes a signature eight-hour house smoked brisket, chicken wings, British favourites such as fish and hand cut chips, and a classic roast beef with all the trimmings. Desserts and crafted beverages are also not to be missed. With week-long events, a pool table, entertainment and live sports streaming, this local hangout offers a casual vibe and one lucky winner will receive a gift voucher to experience it.

FAMILY STAY WITH BREAKFAST AND DINNER AT IL POMODORO, DAYS HOTEL BY WYNDHAM DEIRA, WORTH AED900

Enjoy a stay at the newest edition to Dubai's hospitality scene, Days Hotel by Wyndham Deira. The first hotel sitting on top of the Gold Souk Metro Station, the hotel is well connected to the Dubai Metro Line and offers access to numerous leisure attractions, including the Dubai Creek, The Dubai Mall, the Dubai Frame, Deira Gold Souk and Jumeirah Mosque. Win a family stay for two adults and two kids and tuck into authentic Italian cuisine at Il Pomodoro.

'TIS THE SEASON TO WIN STORE CREDIT FROM MARKS & SPENCER, WORTH AED500

As the most magical time of the year approaches, get into the festive spirit with Marks & Spencer, the ultimate shopping destination this holiday season. Discover the finest gifts to spoil your loved ones, and yourself, from fabulous festive treats such as a Shortbread light-up house to household items such as comfy pyjama sets for the whole family - there is no shortage of gift options. Spread holiday cheer and find the perfect present for everyone on your shopping list, no matter if they've been naughty or nice.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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